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APRIL 2022

BEST RACING GAMES EVER! + GT7 IS HERE BABY!

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A GAY GUY'S GUIDE

MacGyver IN THE KITCHEN
RECIPE SKILLS TO UP YOUR GAME

FOR THE AUDIOPHILE
14 PODCASTS TO GET NOW!

Sunset Beauty

Sarah P. Antonella

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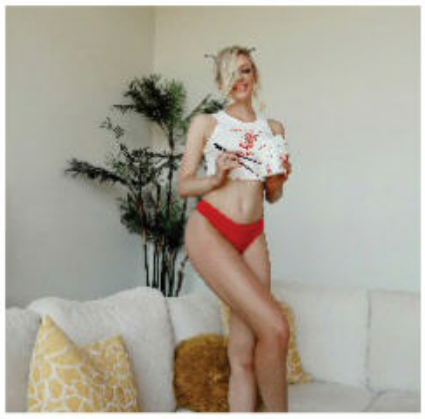

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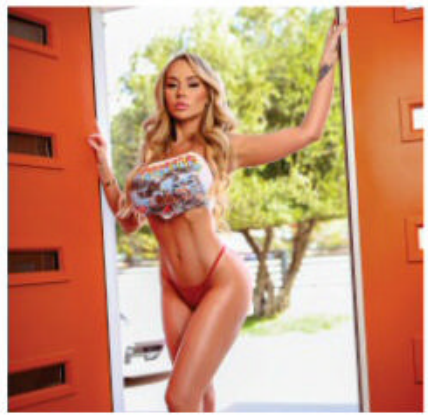

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Brotherdale
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Social Media MOGUL

Hot content tips & the gear you'll need to succeed!

These days, whether you are a model, athlete, businessman, or whatever else, how people view you on social media and online is KEY to succeeding and building a following, reputation, and lending credibility to whatever it is you do. And behind all those sexy photos and content is a content team, or at least a photographer/videographer that is making the magic happen.

Now, anyone can take a photo or video, but editing it, branding it, and making it fit your needs is a whole other business that companies are making millions off of because they have that touch to give their clients something so appealing it brings in total awareness and lots of sales.

FHM caught up with Hunter Franklin and Marcus Taylor, who go by "Brotherdale", who are two best friends that have used their love of photography and video editing to create amazing content for some of the biggest celebrities and brands we see each day. We just had to learn more about the process and their tips on how all of us can create engaging social media content to drive up our views/likes! Oh, and they also tell us the BEST GEAR you need to get the job done... you won't want to miss this!

So tell us, everyone needs content... right? Everyone needs content is an understatement, good content is in extremely high demand right now. If you can produce it, someone needs it. And when we say someone we mean everyone ranging from companies, brands, celebrities, musicians, etc.

How did you guys get into the content-making game? Both Hunter and I have similar stories starting out. As kids, we were always creating videos, whether it was for youtube or just for fun. As we got older in college we realized the demand and that there was a potential career in it. That's when we decided to give it a shot professionally in 2017. It started off very small doing promotional videos for local companies in our little country town, but with time and a lot of hard work, we are now able to create for some of the biggest names in the world.

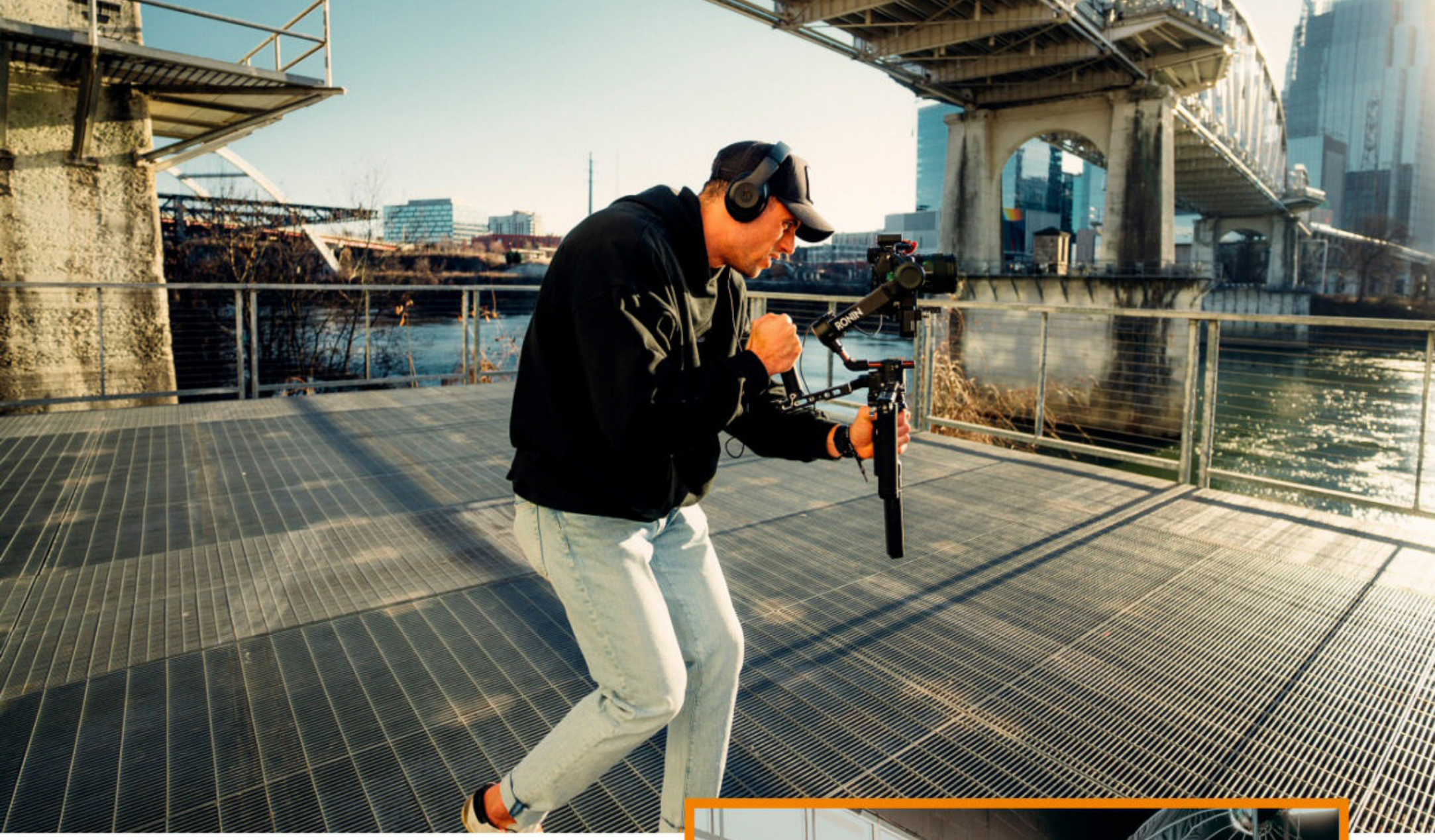
What stars have you been able to work with? And is working with celebrities any different than "everyday" type people? We have been blessed to be able to work with celebrities such as Tory Lanez, Tracy Mcgrady, Walle, Diplo, Kaitlyn Bristowe, Jason Tartick, Doug Flute, Jack Harlow, Natalie Eva Marie and that's just to mention a few. Working with celebrities isn't that much different than working with your average person apart from needing the content more quickly in certain cases. In fact, we found that normally most celebrities want to be treated like a normal person. I think that's one mistake new creators make when they get into this industry. DON'T FANBOY PLEASE!

What has been the most interesting or fun experience you have gotten to shoot so far? One-time Brotherdale was asked to take on a huge project for a military company that involved filming with a bunch of Navy SEALs, the shoot started at 4am and lasted around 12 hours straight, directly after we had to hop on a flight and go across the country to LA and shoot a big celebrity promotional video for a big energy drink company. This experience stands out the most because it showed us how versatile we can be, but also how much content is really in demand!

How many hours typically go into a 1-minute video? Typically editing a 1-minute video can take anywhere from 8-20 hours depending on how in-depth it needs to be. Sometimes we are forced to turn it around in 4 hours when the client needs it for relevancy during an event. Basically, if the client has a deadline it's done before that time, every time.

What are the top 8 gear items people must have to be able to create good content of their own? What types of cameras, lights, etc? Here's the Brotherdale must-have items list for content creation! First on the list is a camera, Brotherdale exclusively uses the Sony A7Siii for almost everything, we've found that it's the most diverse camera out as of right now. The next item is a good lens, the Sony 24-70mm F2.8 G master is the way to go for both quality and consistency. You need audio to create great content, so if you're running and gunning you need a good shotgun microphone, we use the Rode Video Mic Pro Plus, it's super reliable and sounds awesome! The best lighting for quick on-the-move filming is the Nanelite Pavotubes. These lights are battery-powered and are full RGB. Having a solid gimbal is also a must when you're creating content, especially high-end content. The DJI Ronin RS2 is our goto! Pro-tip, bringing a portable charger will save your life when you're in this industry. The brand of these portable chargers doesn't really matter just get one! Let's talk drones, if you're in the content space, you being able to provide drone work is an industry-standard now. The easiest drone to travel within our experience is the DJI Air2s. It's super small but still has great picture quality. Keep reliable memory cards on you! Don't waste money on cheap memory cards, spend the money and get a good one. Sony provides some great options. Lastly, the computer you're editing and depending on is a big part of banging out a sick edit. Make sure it can handle the footage you're working with. We use the fully maxed out Apple MacBook pro's 2021.

What should people watch out for when choosing who to hire to help them create branding items? I think the



most important thing for a brand or individual looking to hire a content creator is making sure that individual understands the marketing behind the content they're creating, do they know how ad funnels work, do they understand the importance of turnaround time, and do they understand how the new social media platforms work. It's important for a content creator to know what's trending now, and understand how the content is being pushed through these platforms. Ask these questions when hiring!

What advice would you give other creators out there overall? We would say keep working hard at your craft and stay business-minded. Your business won't blow up overnight, it takes a lot of time and hard work to get there, but it will happen if you stay consistent. And when we say "stay business-minded" we actually mean try to think like the business, brand, or individual you're creating for. This will help you create a better product that matches the project you're working on. Lastly, don't ever miss a deadline when working with a client. This is the number 1 reason we are where we are today. We simply don't miss the deadline, and clients love that!

And final question: Can everyone/everything be photoshopped to look perfect? Or is that a myth? This is a true statement! You heard it here first, photoshop is a powerful tool so don't be fooled, a lot of stuff is photoshopped to look perfect. Keep that in mind the next time you think your makeup isn't looking like it did in the ads!

GREAT MUSIC ALTERNATIVES TO SPOTIFY

Spotify is without a doubt the world leader in music streaming services, with over 360 million users each month. However, Spotify made the headlines recently in a rather ugly PR debacle regarding one of their top podcast hosts history and outspokenness. Having upset the larger medical community and quite a few artists removing the music from the celebrated streaming service. Many users themselves have either left the service or are considering alternate options. But which alternative offers you the best solution if you are considering dropping Spotify? Fortunately, we have a list of the best Spotify alternatives available right now if you are considering making the switch.

Apple Music

If you own an Apple device, then Apple Music is a no-brainer. Much like all Apple products, Apple Music integrates across your entire Apple product range, and with the recent addition to gaming consoles and Android devices, Apple Music is fast becoming a viable alternative to the Spotify behemoth. Over 90 million songs are available with thousands of playlists, including curated options as it learns your music taste. Also, Apple Music has added Spatial Audio as well as the option to download lossless audio making Apple Music a very attractive option. Unfortunately, there is no free plan, but they do offer an extensive trial period to experience exactly what Apple's streaming service has to offer.

Bandcamp

Unlike the other offerings on this list, Bandcamp takes a different approach to its streaming service. Bandcamp is for the music fan who loves to discover new artists before everyone else. It is purely indie-focused, so if you're looking for the latest Post Malone track then you are out of luck. But if you want to discover the next Post Malone then this is the service for you. Also unlike the bigger streaming services, Bandcamp helps support upcoming independent artists, so if you care about musos getting the money they deserve then download Bandcamp right now. It is entirely free to check out and it's down to you if you want to pay for an album with pre-orders easily arranged and even live concerts available through the service.

Tidal

If the quality of your streams is vitally important then Tidal is the answer. The first streaming service in the world to offer high-fidelity music. It offers over 80 million tracks with its basic HiFi plan offering up to 1,411kbps quality music as standard. Spend a little more, and you get up to 9,216kbps which is sure to delight audiophiles. Elsewhere, it has everything else you could want from a music streaming service, including offline functionality, easy-to-use apps, and tons of choice.

Amazon Music Unlimited

Amazon has decided to join the streaming competition and their Unlimited offering is off to a strong start. with unlimited access to 75 million songs with unlimited skips when listening offline. There are millions of podcast episodes, too, so there's no shortage of options. Searching is easy with ultra HD quality tracks also available in the results. Amazon Prime members get a discounted subscription, so it's tempting if you're already tied into the ecosystem, especially with excellent integration with Echo devices. Much like Apple, there is no free tier included in their plans, but a free trial is available. One drawback is the smaller size in tracks compared to their main competitors, but if you're already an Amazon customer then checking their streaming service makes perfect sense.

Deezer

On paper, Deezer might just seem like every other streaming plan out there, but it's once you start using it, that's when you'll discover what makes this app so unique. Deezer Flow is the service's intelligent algorithm system that formulates a mix of favorites and new tracks in a way that means you'll constantly discover new music specifically tailored to your tastes. It's without a doubt the best of its kind currently and a wonderful service for people that love discovering new music. With over 70 million tracks and an affordable pricing structure, Deezer is definitely a service you should not sleep on if looking for something a bit different than the big corporation offerings.

YouTube Music

The video streaming giant has made its foray into the music streaming service and has come along in leaps and bounds since it's initial launch. Offering loads of tracks and some exclusive live performances and bootlegs not found on any other service, YouTube Music is fast becoming a lot of people's first choice. It offers some intelligent algorithms to ensure your playlist recommendations are suitably in key with your tastes. Yet the biggest plus of YouTube Music is the ability to upload up to 100,000 of your tracks to keep everything in one place. So if you have an extensive library of mp3s, YouTube Music allows you to upload them and access them anywhere. Another bonus is if you opt into YouTube Premium, the music streaming service is included.

SoundCloud

Another great alternative to the mainstream services, SoundCloud offers the best of many worlds. It has more than 265 million songs and podcasts, including some upcoming indie artists, as well as better-known people who started there. Like Bandcamp, it's best for those seeking out the next big thing, but there's a fun twist. Subscribe to the Go+ plan, and you can dub multiple tracks over each other, acting like your very own DJ and creating remixes. It also has more regular features like unlimited downloads, high-quality audio, and intelligent recommendations.

FHM

Stephanie *Marie*

Model @stephaniemarie1686.
Photographer @ajkphotography
HMUA @taylor_jazz

PLAYMATE
OF THE YEAR

Enjoy
Enjoy

Such an absolute honor to have you on FHM! What are the plans this year for you? Thank you so much! This year I plan on continuing to grow my craft and do more photoshoots with talented photographers.

What are you most looking forward to this year? I'm most looking forward to going back home to Boston and visiting my family and friends.

Top 3 best moments of your career? 1. Graduating with my Doctor of Pharmacy. 2. Getting the cover of Maxim March 2021. 3. Getting the pharmacy job of my dreams.

What would you say is your signature look? My signature look is a pair of good-fitting jeans with cute colored heels.

What is the fastest way to get a smile on your face? A good morning text for sure!

What are some of your favorite outdoor activities? Hiking with my dog Chance in Red Rock in Las Vegas.

3 ultimate deal-breakers when it comes to men? 1. When a guy is inconsistent. 2. When a guy is rude to waitstaff on a date. 3.When a guy is cocky.

Never have I ever... 1. Cheated on someone - I'm super loyal. 2. Got a tattoo. 3. Broken a bone.

Top myth busters when it comes to models? 1. We eat! I'm a big foodie- I love trying new restaurants. 2. We are all outgoing - I'm actually pretty shy when you first meet me.

What is the best way to approach you as an admirer? Be kind, be persistent, and don't take yourself too seriously- make me laugh.

Where can our readers catch up with you and stay updated with your work? Instagram is the only platform I use.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Thanks for reading! I hope I'll be back on the pages of FHM soon!

THE GREATEST RACING GAMES OF ALL TIME

With the recent release of the spectacular Gran Turismo 7, we started thinking back on all the amazing racing games that wasted hours upon hours of our time across the years. From over-the-top arcade racers to dodging the cops as you raced through the city, racing games have always been front and center when it comes to gaming. So here are some of our favorite racing games ever made.

Daytona USA

The racing game that defined the arcade era, the 1993 cult classic Daytona USA was a masterpiece at the time, featuring incredible graphics and arguably the catchiest theme song ever by Takenobu Mitsuyoshi. Honestly, go to YouTube now and have a listen, it's incredible. Perhaps the most recognizable arcade racing game of all time and the highest-grossing sit-down cabinet ever, Daytona USA remains a shining example of arcade racing at its absolute purest. Featuring some of the craziest driving at the time, it also featured 8 player support and was an arcade hit till the end of the dominance of arcades. Sadly the home releases failed to live up to the arcade hype and Sega's struggling Saturn system did not do the greatest arcade racer of all time any justice.

Ridge Racer

While Daytona USA dominated the arcade scene, Namco's Ridge Racer blew gamers away when it was released on the original PlayStation console. It was one of the best-looking games on console at the time, proving that 3D racing was the future. With silky-smooth frame rates, eye-popping graphics, and fast-paced action, Ridge Racer on console brought the arcade experience right into people's homes for the first time ever. The series would become a mainstay for the Sony console, with the PS2, PS3 and PSP all-seeing Ridge Racer as launch titles for the consoles. Although having faded from memory since 2012, Ridge Racer is still a classic racing game and one that laid the foundation for future console racing games.

Midnight Club 3: DUB Edition

In 2022, open-world racing games are a dime a dozen, yet it was the Midnight Club series that truly pioneered open-world racing on the PS2 and original Xbox in the early 2000s. Midnight Club 3: DUB Edition was the first time the series would feature licensed cars, however, and its array of vehicles was almost as diverse as its killer soundtrack. The racing however was unlike any other game before it, featuring a thrilling fast-paced racing scene, setting itself apart from the Need for Speeds and Gran Turismos of the world. Special abilities distinguished it further, letting you barge cars out of the way or thread the needle through tricky traffic in slow-motion, while extensive, delightfully bling customization options were the icing on a cake like no other.

OutRun

Ask any gamer from the 80s what they would consider the greatest racing game of all time and the majority will immediately mention OutRun, the classic 1986 race against the clock classic from Sega. With selectable "radio stations", wonderful and colorful racing tracks, and a unique cockpit-style cabinet, the innovative and extraordinarily successful OutRun was unlike any racing game out there at the time. Outrun saw you jump into the sea of a Ferrari Testarossa and drive along exotic, sun-drenched European streets, a welcome departure from the usual bland and mostly barren racetracks seen in other games at the time. It was a classic in the 80s and even 40 years later it is still seen as one of the best driving games ever made.

Need for Speed: Most Wanted

Unlike other racing games on the list, the Need for Speed series has had more ups and downs during its lifetime than any other game. Yet every racing fan will have Most Wanted on their list of top racing games. EA's insistence on constantly changing the formula and throwing new ideas at a series that doesn't need it has resulted in some very mixed racing games. Yet Most Wanted was when it all came together for the series. Combining the thrill of evading the cops while racing along glorious city tracks with a car roster of highly-customizable, mass-market hatches and sports cars was a glorious melting pot of everything Need for Speed. The series might never have reached the heights of Most Wanted again, but it remains one of the most adrenaline-pumping racing games ever.

Mario Kart 8 Deluxe

No racing game list will ever be complete without one of the Mario Kart's on it. When Super Mario Kart was released on the SNES in 1992, it laid down the rules and tropes of all future karting games to follow. But it is Mario Kart 8 Deluxe that rules the roost in the best racing game list. The culmination of 25 years of kart racing experience, Mario Kart 8 Deluxe is beautiful to behold, stuffed with racers and unlockables, and bursting at the seams with vibrant personality across its large set of lovingly-designed tracks that – has become a tradition in the series – span both originals and re-imaginings of classic circuits. The handling is responsive and the powerslide mechanics are as good as they've ever been here, rewarding track knowledge and real skill, particularly on the higher CCs. If lighthearted family-friendly kart racing is your game, then look no further than Mario Kart 8 Deluxe.

There are two words that come to mind when gamers think of real driving simulation, and that is Gran Turismo. The incredible driving simulator that has laid the foundation for other driving games since the early days of the first PlayStation back in 1997. The original GT changed the game forever, offering incredible visuals for the time, providing real-life cars to drive around and incredible attention to detail. The series has always been aimed at lovers of cars. Over the next few decades, the GT series saw some incredible highs and some rather unfortunate lows, especially with the arrival of Microsoft's Forza Motorsport. Yet in 2022, over 25 years later, Gran Turismo is back with a massive bang, proving the this old dog of racing simulators still has a bucketload of tricks up its sleeve.

Return to Form

After the disappointment of GT 6, many felt the series had become stale, especially compared to the more arcadey racers on offer. The driving was still amazing, but the overall package was severely lacking polish. Developer Polyphony Digital clearly took all the GT 6 criticism to heart as they have not only improved upon everything wrong with GT 6, but have gone above and beyond in delivering the ultimate driving simulator. With over 420 cars available at Brand Central and the Used Car Dealership from day one, Gran Turismo 7 recreates the look and feel of classic motors and bleeding-edge supercars alike in unparalleled detail. Each car handles differently and feels unique as you navigate over 90 track routes in dynamic weather conditions, including classic courses from GT history. Driving a huge selection of cars, from production models to more rare and legendary cars, has always been the DNA of the series, and GT7 is no exception. Over 400 cars from more than 60 automotive manufacturers have been included and will continue to be added via future updates. The list of tracks that serve as the stage for all the racing action features the usual mix of real-life circuits and original courses, taking players to 34 different locations for a total of 97 unique layouts. Classic series circuits such as 'Trial Mountain', 'Deep Forest,' and 'High-Speed Ring' are making a comeback, updated to the latest technology. In the same manner as cars, additional tracks are also planned to be added with future updates. The fan-favorite World Map is coming back to the series with GT7. This time it's taking the form of a resort, where players can enjoy their car life, and serves as a menu that will give direct access to the various features of the game. The first thing that players will do in this world is to buy a compact car with their initial credits. Building on from there, they will take on races and various events so that they can switch to faster cars received as a reward from those events, or tune and upgrade their old ones to become faster as they progress through the game. Using the 'Garage' as a

home base for stocking collected cars and for tuning, players can venture out into the car resort to discover the world of cars. At the 'Café' players will receive 'Menu Books,' providing various quests that will guide them through the many locations of this car resort. The Menu Book is at the center of the 'GT7' experience, assisting players in collecting cars; after completing a book, players can listen to a curated description of those newly acquired cars, and sometimes even meet the designers who were involved in their creation if they are around! The game is designed so that players will naturally come into contact with the history and culture behind the cars as they complete these Menu Books.

GT7 contains a variety of fun activities other than the many races that represent the core of the experience. One example is the 'License Center': this iconic game mode since the very first title acts as a driving school where players can take on short time trial challenges with the aim of obtaining all 'Gold' by honing their skills. Fans of the older GT games will remember these fondly as they spent hours upon hours trying to get their various licenses. 'GT Auto' is the place where the exterior of a car can be personalized and other maintenance jobs can be performed, such as washing the car or changing the engine oil. There are over 650 aero parts, with more than 130 wheels to choose from, as well as over 1200 real paint colors based on actual paint samples. There is a wide variety of customization available; and depending on the car, roll cages and even a wide body kit with various fenders can be installed. For fans of car photography, the wonderful 'Scapes' is a mode where players can enjoy traveling around the world with their favorite cars, and get into the intricate world of photography. There are over 2500 'Spots' which serve as the stage for taking photographs, with each Spot captured using HDR technology. With real light expressions and various effects that provide a wide range of freedom in expression, it is now possible to take elaborate photographs that are almost impossible to take in real life.

If you're lucky enough to be a PS5 owner, GT7 will offer even more visual goodies, with the added tech of Ray Tracing that will make cars look even more beautiful. Time and weather simulation models have also greatly evolved, with the weather conditions changing on a global scale based on a vast amount of meteorological data related to a tracks' specific location. Advancements made in starry skies, another point of focus in the past series, have also evolved. The night sky is simulated according to the time and location of each track, allowing players to stargaze to their heart's content. The physics simulation model has advanced even further in this new chapter. The simulation has been tuned through feedback from various sources including an eight times world champion F1 driver as an advisor in Lewis Hamilton, technical partner and global tire manufacturer Michelin, and the best drivers of the FIA GT Championships. The lap times are not only accurate, but the simulation model also pursues how well the driving feel matches the human senses. In addition, aerodynamics have greatly evolved as well, using computational fluid dynamics (CFD) to recreate changes in downforce due to front to rear height changes, as well as effects to handling due to wind direction and air turbulence.

Gran Turismo 7 is without a doubt the most complete racing game ever made, and the love and attention that was given to every single aspect of the game is there for all to see. True, this is not an arcade racer, so don't expect the craziness of a Forza Horizon, instead expect a love letter to the art of motor racing.

FOR THE *Audiophile*

Great podcasts you need to listen to right now!

With podcasts being bigger than ever in 2022 and a certain controversial podcast making all the headlines for the wrong reasons, you might be considering expanding your podcast repertoire. Fortunately, there is no shortage of amazing podcasts covering almost every single conceivable topic known to man and luckily for you, we have updated our 2021 list with some new amazing podcasts you should listen to right now.

The Last Days of August

Jon Ronson is a celebrated journalist, author, and filmmaker and is often described as a gonzo journalist tackling tough topics. His podcast The Last Days of August is a wonderful exploration of the collision between tech and porn industry and the untimely death of porn performer August Ames. Ronson masterfully crafts the journey of this sad and shocking tale. It's not an easy listen due to the content, but Ronson finds a way to draw the listener in and truly captivate from start to finish. It's less of a true-crime podcast and more a journalistic piece, The Last Days of August is a wonderful and thought-provoking podcast that will stick with you for a very long time.

The Always Sunny Podcast

The wonderful comedy sitcom It's Always Sunny in Philadelphia was a surprise hit when it first aired in 2005, featuring five toxically co-dependent and selfishly motivated friends running a decrepit Irish bar in Philadelphia. It's considered a dark comedy by many and is as hilarious as it is disturbing. The three creators and writers Charlie Day, Rob McElhenney, and Glenn Howerton sit down to discuss the origin of each episode, exposing their bizarre friendship and thought process of creating the show. Unlike other podcasts of the same ilk, one can truly experience the friendship these three have and their sometimes bizarre true-life anecdotes will have you laughing out loud. An essential listen for fans of the show.

The Backpage

There was a stage not too long ago that magazines ruled the roost, especially gaming magazines. Sadly the internet and YouTube came along and the dominance of magazines faded. Former UK magazine editors Matthew Castle and Samuel Roberts talk about video games, the process of putting a magazine together, and their years covering them professionally. Castle and Roberts have a wonderful relationship and their years of magazine experience shines through as they take a trip down memory lane remembering the best and the worst of the magazine heydays.

60 Songs That Explains the 90s

The title of the podcast says it all, celebrated music journalist and critic Rob Harvilla takes us through 60 of the most influential songs of the 90s. Harvilla is a wonderful host and sets the scene perfectly for each song he is about to present. The song selection is also wonderfully varied, ranging from Rage Against the Machine, Boyz 2 Men, Celine Dion, and the Backstreet Boys. Each episode is filled with an in-depth look at the history of the song and how it came to be. Harvilla is also joined by a special guest halfway through the podcast to give their views on the selected song and offers a great counterbalance to Harvilla. And as an added bonus the song in question gets played full at the end, to really hit those nostalgia feels. A wonderful podcast that is highly recommended for anyone longing back to the glory days of the 90s.

Fake Doctors, Real Friends

Back in the 2000's Scrubs was a medical sitcom that combined over-the-top humor with some heart-wrenching moments as you followed the lives of a handful of interns as they faced the challenges working at a hospital would bring. Two of the main stars, Zach Braff and Donald Faison met at the initial table read and became lifelong friends thanks to the show. Now ten years later after the last season aired, the two best friends started a podcast reliving every single episode from the celebrated series. Naturally, their rapport as podcast hosts is second to none and each episode gives listeners a window into a showbiz friendship, as well as behind-the-scenes anecdotes about the show. With some big-name guest stars featuring on various episodes, Fake Doctors, Real Friends is a must for any Scrubs fan but also highly recommended to anyone with an interest in how a situation comedy comes to life.

The Adam Buxton Podcast

For fans of British humor, The Adam Buxton Podcast is a must listen, thanks to Buxton's calm demeanor and excellent interviewing skills. From celebrated names like director Paul Thomas Anderson to best friend and world-famous journalist Louis Theroux, Buxton allows his guests to tell their stories in a comfortable and relaxing environment. Most episodes start with Buxton introducing the show while taking his beloved dog Rosie for a walk, it sets the scene for what's to follow and one truly feels like Buxton and guests have a fondness for each other. Also unlike most recent podcast releases, The Adam Buxton Podcast respects one's time, with keeping each podcast to "one sitting" time length, unlike some of the 4-hour epics recent famous podcasts have become known for. If you're a fan of British humor and just the British lifestyle in general, take a trip with Adam Buxton and friends.

My Favorite Murder

There are arguably more True Crime podcasts out there at the moment than actual crime, with every Tom, Dick, and Harry having a show about some gruesome true-crime drama. Serial started the trend and it's grown to obnoxious levels ever since. So what makes My Favorite Murder any different from the millions of other true-crime podcasts? Firstly, Forbes placed hosts Karen Kilgariff and Georgia Hardstark second only to Joe Rogan on their inaugural list of the highest-earning podcasters and it's not hard to see why. A simple format, each of them talks through a murder, disappearance or other real-life nasty occurrences each episode, combined with openly scattergun research (Forensic Files, Wikipedia, and old true-crime forum posts, mostly) give the podcast a hilariously unpredictable feel. There's too much true crime in podcasting, but if you're going to listen to the genre, listen to the best.

Behind the Bastards

Looking back at 2020, one realized that the world is filled with some horrible bastards, yet it's not exclusively tied to our generation. There's a reason the History Channel has produced hundreds of documentaries about Hitler but only a few about Dwight D. Eisenhower. Bad guys and gals are eternally fascinating. Behind the Bastards dives past the CliffNotes of the worst humans in history and exposes the bizarre realities of their lives. Listeners will learn about the young adult novels that helped Hitler form his monstrous ideology, the founder of Blackwater's insane quest to build his own Air Force, the bizarre lives of the sons and daughters of dictators, and Saddam Hussein's side career as a trashy romance novelist. Behind the Bastards is a fascinating podcast that reveals the hilarious and often horrifying stories behind the world's worst human beings.

The Empire Film Podcast

Empire magazine has long been seen as the premium go-to magazine for movie lovers. Featuring in-depth analyses on the latest blockbuster features to reveal behind-the-scenes stories of your favorite director or actor. The podcast is no different. Released every Friday, The Empire Film Podcast features Chris Hewitt, James Dyer, Helen O'Hara, and a rotating fourth host discussing the latest movie news and nonsense, while also reviewing the week's new film releases and answering your listener's questions. All served with a hearty side-order of anarchy and an incredible roster of weekly guests from among Hollywood's best and brightest. A particularly amazing recent episode featured Shaun of the Dead director Edgard Wright discussing his love of cinema with acclaimed Pulp Fiction director Quintin Tarantino. It's a 3-hour tour de force for any fan of cinema.

The Infinite Monkey Cage

This scientifically named podcast about science is one of the most entertaining and informative science podcasts available right now. The Infinite Monkey Cage is a witty, irreverent look at the world through scientists' eyes hosted by acclaimed English physicist and former keyboardist for 80's rock band Dare, Brian Cox, and English comedian, actor, and writer, Robin Ince. The pair have a fantastic report and often little digs at each other if always hilarious. The podcast itself often features Nobel prize winners, astronauts, and the world's leading scientists as they discuss topics from the fundamentals of reality to the human brain. Always entertaining and highly educational, The Infinite Monkey Cage is highly recommended for anyone fascinated by science.

Lore

Winner of the iTunes "Best of 2015" & "Best of 2016", and winner of "Best History Podcast 2016" by the Academy of Podcasters, Lore is an award-winning, critically-acclaimed podcast about true life scary stories. Lore exposes the darker side of history, exploring the creatures, people, and places of our wildest nightmares. Because sometimes the truth is more frightening than fiction. Each episode examines a new dark historical tale in a modern campfire experience. Lore also made the jump to an Amazon exclusive TV series, but sadly could not capture the magic of the podcast.

WTF with Marc Maron

Seen by many as the man that started the whole podcast craze, WTF with Marc Maron was one of the first podcasts to truly hit the big time. At the time a struggling comedian and recently recovered alcoholic Marc Maron entered the podcast life out of necessity and curiosity. Started in 2009, his show has grown to one of the biggest and most well-known podcasts in history. The show itself welcomes comedians, actors, directors, writers, authors, musicians, and folks from all walks of life to his home for amazingly revealing conversations. Marc's probing, comprehensive interview style allows guests to express themselves in ways listeners have never heard. He also holds the honor of being the first podcast to host a sitting President of the United States, Barack Obama in 2015, an event that grabbed international headlines. The podcast is filled with humor and often heart-wrenching stories that gives the podcast a human feel, something a lot of overproduced podcasts struggle with.

WHAT MAKES ME *MF?*

A GAY GUY'S GUIDE

By Ian Kirke | Twitter @ianjkirke

Lying awake in bed as a kid I often wondered what it felt like to me. This abstract thought process ebbed away as I got older, holding many other beautiful aspects of my childhood imagination to ransom as the drudgery of adulthood eventually took control. As a child, I didn't know how commonplace this self-reflective behavior was although if the scientific discipline of psychology is anything to go by, others have observed the phenomenon of 'self' in great detail. Indeed, it would appear that a lot of other folks have little hesitancy in declaring their own conclusions on the intimate behaviors and identity of others. And a recent statement, of which I have heard previously, suddenly connected with a forthcoming drinking session with my mates causing me to revisit my childhood quandary again. The trigger announcement, uttered with conviction and apparent authority by a contributor to a television program pronounced, "From a baby, we knew he was gay!" Thinking about my gay mate Scott, who I was looking forward to meeting along with my other buddies for some nosh and copious amounts of beer the electrical connections sparked inside my head especially since I had never heard anyone state the inverse of this dubious assertion.

I had yet to reach a satisfactory conclusion to my childhood uncertainty, yet here was someone suggesting that there were obvious observable traits that endowed some with the power of personality diagnosis. As I mulled this issue over, I wondered if the reality was more aligned to stereotypical behavior that had been carefully selected and isolated to enhance the ego of the observer? How the hell do we know what it is like to be us? Gay, straight, and any other nuances in between? Let alone label others so forcefully. Aren't we all unique? And what context do we have in our formative years to know who we really are? Blimey my head was spinning!

Thankfully, many scholars had also agonized over this philosophical problem. The Greek goliaths of enlightenment Heraclitus and Plato had undertaken thought experiments on identity and had, no doubt, fallen asleep like me pondering the possibilities of individuality. The Greek legend the 'Ship of Theseus' provides a contextual storyline that engages with repairs to the vessel which ultimately has every timber replaced over time, leading to the question was this still Theseus or a new ship? British philosopher Thomas Hobbes developed this hypothesis further by contemplating what would the result have been if all the discarded planks were gathered together and used to build a second ship? Would that be the Theseus too, leading to the conundrum of 'what makes me, me?' Maybe I wasn't at all that mixed up as a kid!

I was keen to understand how Scott had negotiated his own journey and how his own thoughts had been hampered or helped by a British society that often struggles with the pitiful social prejudices that still chime loudly from the past. Indeed, when I joined the Police in 1982 it was an offense punishable by imprisonment to have a homosexual relationship with another man unless both consented, where at least aged twenty-one and the act was conducted in private. Today we celebrate same-sex marriages, and in my opinion, they are usually the best too! This stark and uncompromising legal position of yesteryear had a striking correlation since Scott had also joined the police, a few years after me. As I prelude to our conversation I apologized in advance for my likely clumsiness of engagement since I didn't even fully grasp the answers to my own identity yet here, I was the posing questions to Scott! But then again, I was hopeful that our ensuing time together would better help us both make sense of my childhood query.

When you were a kid did you ever think about what it felt to be you, and if so, how did you feel?
Following an engaging preamble, Scott unexpectedly paused. Had my cathartic release spooked him already?
"I'm not sure. I do remember that when I was told off for doing something wrong, I would wonder why God had made me do it. This was in the days when there was a school assembly every day, hymns, Lord's Prayer - even for the Muslim, Hindu, etc., kids. No one got a choice in my multi-cultural Reading Primary school. I just assumed there was a God as this is what I was being taught. From that, I assumed that it was God who had made me what I was - as a child that seemed to make more sense than anything else."
"It took me a while to realize that it was actually me who had responsibility for what I did and to accept what I was. I did fight against being gay - as a lot of people do - because the '70s were not very inclusive times and the '80s brought AIDS (acquired immune deficiency syndrome) which also stigmatized people. I was brought up as an only child as my father didn't have any relationship with his two other sons (my elder half-brothers) and I think that I was in their shadow a little bit. I think I would have been able to work stuff out better if I had been either in the same house or in contact with my

siblings - which I am now."

Sensing that Scott may have reached a clearer definition, I repeated the original question. I was glad I did but then again, the response was brutal. "Did I ever think about what it was like to be me? I thought a lot about why I didn't want to be me and to be living somewhere else and with other people, which seems a dreadful thing to have to acknowledge.

When did you realize you were gay? Scott's smile was positively infectious! *"I think I probably always knew but substituted knowing I was gay by thinking that I was admiring other men rather than being attracted to them. I guessed my father was homophobic. I realized from an early age that once you say something aloud, to another person, you can never get it back, and I thought that if my father knew, it would be the end of everything. He would never let it go and it would be brought up all the time with the disappointment hanging in the air until the day he died. I think I probably knew from the age of nine or ten but just wanted it to go away. It never did."*

How did you know? Scott's pragmatism was acute! *"You just know! It's the 'fancying' of boys older than you at school or friends at college or work. You just know. If you're straight, you know you're straight because it's the same for you - just with people of the opposite sex. There is no difference for me."*

Thanks, Scott – I finally got it (I think)!

How did you process this realization? *"It grinds you down. It's a realization that I constantly fought against, and in the end, I just had to accept it, or I'd go mad or have an incredibly unhappy life. I say this against a backdrop of the widespread attitudes of the time which also had a huge impact on me. This went on for years. I literally had to allow time to pass and eventually accept that there is nothing that I could do about it."*
"Sometimes it was all-consuming. How on earth was I going to live my life with these tortured thoughts about other people's prejudices? My family disappointment, my mother assuming that I would live my life alone, die alone, no grandchildren - there was a lot on my shoulders, and I didn't mention a word to anyone about it."

What context did you use since I struggled to know who I was let alone my sexuality? With slapstick timing, Scott broke the ice. *"I have no idea! There was no internet and only three and later four channels on the television. There were no gay role models for me like there are today - no sportsmen, politicians, captains of industry - it was just Larry Grayson! It really was a matter of time passing and acceptance."*

Unlike Larry, I wasn't about to shut any doors to Scott!

When did you come out? *"Mid-twenties. A friend of mine came out to me and I was thinking to myself that I could easily tell him about me, but I didn't. I wrote him a letter which seems astonishing now. Today I would probably send an email or a WhatsApp him but in those days, I bought a stamp and sent a letter! I can't say it was a relief as I was shitting myself that, once it's out, you can't take it back. But I trusted him as he would know what it was like."*

"My mother asked me if I was gay when I was in my thirties. I had just had my tonsils out and I was at a particularly low ebb and when she asked me, the thoughts rattled through my mind like lightning, and I thought I could either tell her the truth now or lie and the subject would never come up again. I told the truth, and she gave the impression she was OK, but I was never that sure she really was."

"I bought her a book written by the parent of a gay person as I thought it would help. She would get up in the middle of the night and read a few pages in the kitchen without my father knowing. Once read she would rip out the page, tear it into tiny pieces, and put them in the rubbish. There was no way that her bin man was going to know about this secret!"

This harrowing disclosure made me well-up. I'd had it easy. Although still trying to make sense of who I really was, one thing was for certain, I never had to hide my identity in plain sight.

How was life in the police in terms of your sexuality? *"It wasn't easy, but it was the beginning of the changes that saw diversity becoming more of a subject that could be discussed. Not enthusiastically and not without a stack of eye-rolling. But it was a start. I didn't talk about women, I didn't have a girlfriend and I worked with people, some of whom were good at joining dots, which I guess you would expect from police officers."*

"My first station was a good place to be - relatively small and friendly - but because it was small, rumors were starting to circulate about me, and I was feeling under pressure and uncomfortable. I had a great idea! Move to a bigger station where I could get lost in a crowd. I discussed it with my sergeant, and he said it was a bad idea. Looking back now, he was telling me to stay put for all the reasons that I wanted to move. He had worked at that particular station, and he said, 'you don't want to move there' - but I didn't give up."

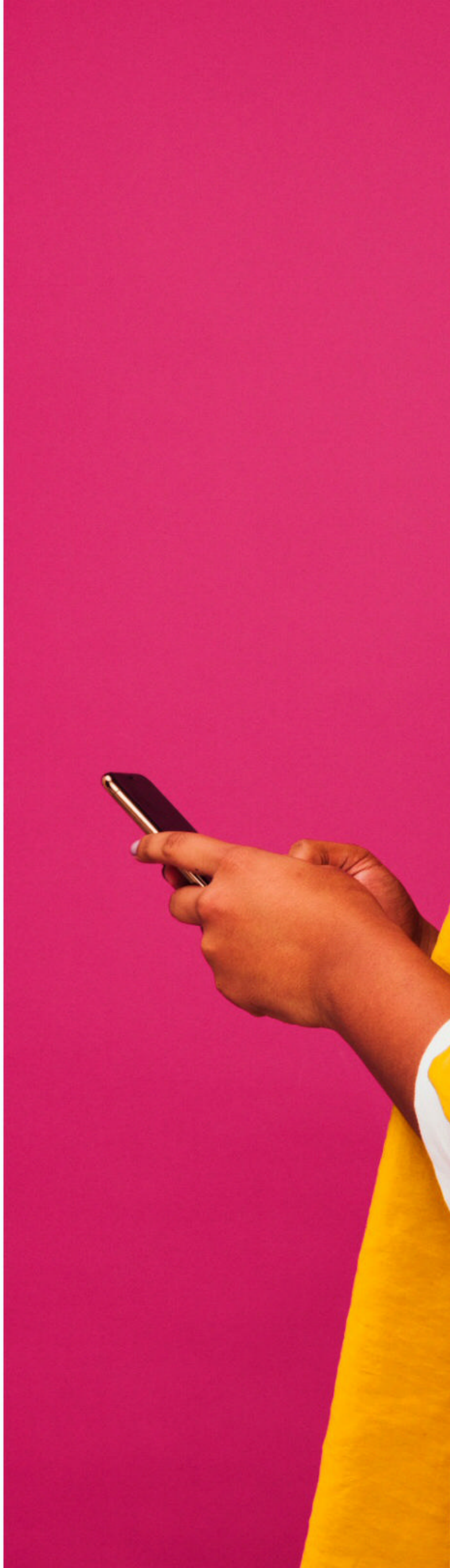
"A month later I was there thinking 'what the fuck have I done?!' Instead of getting lost in a crowd, I was almost highlighted as someone who was different in a sea of heterosexual males. The first year was pretty bad and I started to apply for jobs outside of the police, but having accepted all of the prisoner handovers without complaining, I started to settle in. The worst times were the beginning and end of the shift when we were all together and people would make comments, presumably trying to encourage me to come out to them. As with all things, it eventually passed."

I had frequently reflected upon the great times and not-so-good ones that I had experienced within the police, an extended family that stretched far beyond my force area and around the world. On this occasion I was ashamed.

Were there any implicit or explicit prejudices within the police? *"I was very lucky. I worked hard and I wasn't disadvantaged. I worked tirelessly though - I didn't want any of my supervisors to think I was rubbish, and I would go in to work on rest days just to keep on top of my work. The police got their money's worth out of me. I didn't want people to feel that I was a rubbish police officer and put it down to my sexuality."*

"Equally I wasn't perfect. I made mistakes and some of those mistakes were because I didn't ask for help when I should have done, and the reason I didn't ask for support was because I didn't want to draw attention to myself. One particular role I had saw me completely out of my depth. I should have spoken up, but I didn't, and if it is something that I still think about twenty years later."

As a police officer did you have to hide your sexuality? *"In the beginning, yes. I wasn't out to anyone so why would I tell the people I work with despite the fact that they were all guessing at a faster rate than Usain Bolt winning a 100m sprint!"*



"As a rookie probationer I was in the back of a Scotted police vehicle and an experienced Police Constable (PC) was driving with a Sergeant in the passenger seat. The subject of the Gay Police Association was brought up as it was just gaining some traction nationally. I was frozen with anxiety when it came up in conversation and I wanted to crawl into the boot from the back seat where I was situated. The PC said, 'It's ok, but we don't want them in the job'. The Sergeant nodded his tacit agreement. I said nothing. It was 1989, I had just over a year in - what could possibly be achieved by me speaking up? I'd got just over another twenty-eight-and-a-half-years to do, and I was sure that it would fly by!"

Scott's wonderful, dry, and precisely timed humor was a beautiful tonic to the garish and toxic views of his two colleagues.

What significant changes to your identity have you had to negotiate as a result of being a gay guy? *"I'm not sure I have. I am married and happy. I think I overcompensate for people who may be uncomfortable with what I am instead of allowing that to be their problem. I take it on as my problem, which I realize is ridiculous. But I think that most people know about me, it's not an issue for them. We have some amazing friends who love us and that is all good."*

How close are you to knowing 'what makes you, you?' *"I think I know, warts and all. I'm not perfect and I make mistakes, but I am generally content in my own skin. My raison d'être is to look after my other half and make sure he is ok and happy. That is the most important thing to me."*

Like the good ship Theseus, how often have you undergone change? *"Only a couple of times, I think. My learning style is a reflector - which is a disaster if you happen to have the amount of baggage I have!"*

When I first met Scott, I immediately acknowledged that he was a good-looking bloke. Bastard, I thought! Many years later he is still a fucking gorgeous looking man, with a heart of gold too. Does this make me gay? Who really cares? It makes me, me, and that is all that counts. And maybe with Scott's support, I am a lot closer to answering my childhood question. But one thing I can answer without any doubt is that Scott is my friend.

FHM

Sunset Beauty

Sarah P. Antonella

Model @sarahpantonella
Photographer Arthur St. John | @arthurstjohn
MUA Taylor Jazz + Marissa Brajkovich
Location OC Mansion + FD Photo Studio

FHM

FHM

How does it feel to grace the cover of FHM Australia? Amazing! I always feel so blessed to be on a cover. It's such a blessing and honor.

Since your last FHM cover (USA), what has changed in your life? Well, I've really focused on my business, and growing as a person. I've always been the hard working type, but recently I've been pushing myself to the limit to get my end goals done.

Tell us about your career, what are you working on right now? Currently, I'm selling medical supplies to government and retail stores. My latest product is in the works, and hopefully will be out this month. Fingers crossed.

Do you prefer making money or spending it? Oooh, this is a toughy. I've always loved the feeling of closing a big deal. Making those big bucks. But, on the other hand, I do love to just spoil myself after working extremely hard.

Name three things on your bucket list... Design a one of a kind home made just for me. Fly to the moon. Swim through a garden of roses.

Tell us about your book currently on Amazon... My Amazon book is all about being a minority and woman owned business owner. Overcoming many trials in my life, such as bullying, sexism, etc. It's a book I wrote to inspire others to keep working hard and you'll achieve your dreams.

What is your best physical feature? My eyes. I feel like my eyes look deep into someone's soul and tells a story.

Can you tell us a secret about you? Bunnies, butterflies, and sea turtles have deep meaning in my life. That's all I can say.

Biggest turn-on in a person and biggest turn-off? The biggest turn on is when my person puts me first. Values me and my time. Understands my needs and wants. When they don't it turns me off, that and cheating. I want a man loyal to me. Someone that if I call and say I need you will be there no matter what.

What do you look for in a partner? Well, I'm not looking currently, but I know for me that quality time, words of affirmation, and gifts are so important. My love languages are crucial for me to be happy.

How important is sex in a relationship? Intimacy is always super important. When you have that partner you want to be at that same crazy level where if I want you now you want me back. But also having that deep interpersonal connection I believe makes that even more passionate. Feeling like you're sharing that moment with someone that understands your soul that you can be vulnerable with and know that they're also only sharing these moments with you is huge.

Netflix and chill or stay out and party? I'm definitely a Netflix and chill. I love to just cuddle watch movies and get extra close.

Where do you see yourself 10 years from now? Hopefully retired, living on the beach, walking my dog with my lover. Enjoying life but at the same time enjoying each other and growing together.

Where can our readers find you? On Instagram @sarahpantonella.

ENGINE 5

Nostalgia: The Stories Cops Tell

By Ian Kirke | Twitter @ianjkirke

POL

Has storytelling become a lost art? Have we become so insular, buried in our mobile technology often connecting with people we have probably never met in a virtual world of imagery and diminished literary content that storytelling has become a thing of the past? If so, I think that is sad as I was fortunate enough to be exposed to the most wonderful stories when I was a fresh-faced junior police officer. Why did my rank and age have a bearing on the consumption of these tales? Well for the first seven years or so as a Constable this entry-level step introduced me to several older soaks that by virtue of a conscious decision or the fact that they had failed to overcome that bastard of a first hurdle, the Sergeants exam, had remained at that rank for the entirety of their service. The syllabus of this wretched thing, at the time I joined in the early 1980s, was contained within the aptly named 'Police Promotions Examinations Manual' (containing both the Sergeants & Inspectors curriculum) housed in a hardback blue cover that resembled a breeze block yet marginally bigger. Coupled with the fact that as a Constable I spent an inordinate amount of time in the back of a police transit cozied up next to many of the orators of these magnificent yarns.

As I climbed the ranks my elevated seat at the front next to the driver disconnected me from this culture along with the realization that the discord created by rank, especially when colleagues later called me Sir, had canceled my membership of this very special club.

The stories I will share are funny! But I must differentiate them from jokes or punchy gags which I equally adore. Storytelling has characters, context and the good ones will inevitably have a sting in the tail or a delightful twist at the end, which as opposed to stand-up comedy story tellers do not necessarily have to accentuate the importance of timing.

Storytelling at its best is often labored and meanders making subsequent readings more prone to further embellishment. Equally the narrator holds court with the assembled audience who metaphorically sit crossed-legged around the campfire regaled in the splendor of this distinct art form.

I have selected the following stories from my book, which I unashamedly promote, 'Blue Lights with a Hint of Green' as ideally, I would like to elevate this from the current confines of e-publishing to the bookshelf in the form of a touchy-feely real book. Now that would be my grandest story to date! I had to label it as fiction to protect some characters and to acknowledge that all good stories don't inevitably have to fulfill the rigors of truthfulness. Good storytelling does not necessarily promote outright lies but significant exaggeration is a requisite skill. Some of these have been crafted by me with others having been absorbed during those halcyon days of the eighties. So, once upon a time...

Returning to the small area beat office one day I was surprised to see PC Trevor Samuels. The Binfield beat man was approximately 159 years of age and spoke via a voice box full of gravel, shards of glass, and asbestos. I recall buddying up with him on one occasion, patrolling the lush green fields of the small village north of the main metropolis of Bracknell. We attended a first-floor flat in relation to a report of squatters. As we climbed the iron steps behind the shop that led to the well-kept flat, I recall seeing a small generator chugging away on the twee veranda. This was producing the electricity for the mob inside who were clearly professionals. Plastered upon the front door were several documents articulating their rights of occupation.

Turning to Trevor I spouted out the law relating to adverse possession (as I was studying for my Sergeants exam!) and informed the control room that the landlord would have to initiate appropriate legal proceedings to eek these parasites out. Trevor grunted that they would be out by the morning. I smiled smugly. Even I knew that due process didn't move that fast. The next day I discovered that the squatters had gone, and their smart generator had been smashed to fuck after three baseball bat-wielding characters dressed in black with matching balaclavas made an impromptu night-time visit! When we bumped into each other shortly afterward, Trevor winked and forced out the words, "Told you they would be on their way in the morning!". Pouring a brew, I turned to Trevor. "Where's Brian?" Without looking up he simply replied,

"On fucking holiday." Plonking his mug proximate to his withered hand the follow-up question tripped off my lips. "Where?" Without breaking pace, he grunted, "Ausbastardtralia." What a skill! This guy could swear for the United Nations!

Stan Sharples was a man mountain. No, he wasn't! He was in fact a tub of lard! Around thirty stone he was, on the one hand, an iconic vision of the old-style pictorial bobby circa 1950. Huge, round, red chubby cheeks and hands like garden trowels. On the other, he was a fat slob who should have had his fortune read many years previously. Being that size he was a bloody disgrace to the police service. But in common with the general workforce modernization process he was simply bounced from one unfortunate team to another. And so he ended up at Bracknell after allegedly thumping a prisoner at Slough. His punishment? A move to Bracknell as Gaoler! Fuck me what a piece of outstanding decision-making by the incumbent hierarchy! Akin to, "Son you have got a problem with your drinking. In order to help you, we will install you as the bar manager at the King's Head!"

For a short while, Stan joined my shift as a patrol constable. I always remember that by 2.05pm, five minutes into the afternoon briefing his shirt would be drenched in sweat and his forehead resembled a Google Earth shot of the fucking Norwegian fjords! Coming into work one day I had the misfortune to follow him into the backyard as he sat astride his Yamaha 100. I didn't realize that such a model came with rear panniers. I was right. It didn't. They were his arse cheeks! Anyway, moving on to the story involving Stan that when I first heard it, I almost pissed myself, and indeed every time I relay the facts to a new audience, I still have to be proximate to a toilet.

Leaving the shower Stan duly grabbed a towel and began to dry himself. Where he started fuck only knows and how long it took didn't enter into the famous narrative albeit he eventually entered his bedroom and sought a little sanctuary by sitting on the ottoman at the foot of his bed. Little did he realize that the innocent-looking piece of bedroom storage was full to the brim. In fact, its capacity had been breached causing the lid to sit proud of full closure. As his mighty frame accelerated towards the horizontal his testicles, following the true arc of relevant momentum, gracefully swayed backward comfortably into the gap between the lid and the lower part of the storage area. So far so good. Until that is his arse hit the lid and the

rest just followed the normal law of physics! The sheer agony of what followed coupled with his inability to raise his mammoth frame resulted in a state of equilibrium until, that is, he duly fainted and rolled onto the floor. Apparently, the length of his subsequent hospital stay was decided once his balls had reduced from their FIFA football size to a more modest conker profile!

One of my most favorite storytellers was a chap called Dave Bryant. When he spun a yarn, it was time to make yourself comfortable around the log fire and listen intently as pure comedy was sure to follow. In a previous life he had been an engineer with British Gas and during his apprenticeship, he, and a gang of other budding fitters, had to attend training events in Brighton. A load of young guys lodging in some no-star bed and breakfast was bound to promote some heavy shenanigans! One favorite that stood the test of time was one that was taken in turn. Due to the frequency of the seaside events Dave's syndicate were able to duplicate this task time and time again. Hiding the 'Turd' became the norm. Arguably there were the usual hiding places of discarded shoes, coat pockets and wash bags. And if these didn't prove successful then the smell usually meant an early discovery. However, a cunning apprentice had clearly decided to add a degree of science to this activity. The key elements would engage with masking the inevitable smell and thinking outside of the box. Or in this case, thinking inside of the tub! Friday and Saturday night went without the usual discovery. This guy was good. With Sunday only hours away the turd in question must now be rancid. But still no smell. Not even a whiff. Sensing defeat the team sat around the breakfast table on the Sunday morning and tried every conceivable method of interrogation. Whilst smearing margarine on their morning toast from the industrial-sized plastic box the ugly truth of the matter was suddenly exposed. Spreading shit on a thick white crust has, apparently, the same consistency of Flora! Mind you the smell was, apparently, eye-watering!

And so to another British Gas seaside tale and my personal favorite. Grab a granny night was always an agenda item. Pulling a more mature lady was prime entertainment and the uglier and older the better! Having picked up some old trout the apprentice wanted a return on his investment of two or three Gin and Tonics! Wobbling out of the nightclub the lady managed to wrap her ample coat around her mature frame. With a large collar and knee-length coverage she apparently looked like a cross between Bet Lynch of Coronation Street fame and Christopher Biggins. Unfortunately, due to

her intoxication, there was no way on earth that she could make it up the hotel staircase without the aid of a reinforced Stanner stairlift to his temporary love chamber. Then creative thought came to his rescue. Passing the iron railings, he had a sudden thought. Looking at the large collar the pieces fell into place. Successfully attaching her collar to the top of two railings the lady kind of hung there in an accessible and very upright manner. The undoing of a few buttons, the lifting of her skirt and rearranging her knickers then followed. And from then on, that piece of Brighton roadside furniture had a new title. Granny fuck fence!

My first taste of promotion meant a trip up to headquarters in the number one uniform and highly polished boots. Assistant Chief Constable George Hedges, a silvered-haired barrel of a man who was held in great esteem by all, came to us in turn. All four of us were awaiting an audience with Charles Pollard, the Chief Constable. The laying of a hands-on ceremony by the big cheese to celebrate the first rung on the promotion ladder. "Amersham" responded the first. "Aylesbury" came the second. The third I can't really remember other than it was some out in the stick's location. Then it was my turn. "And where are you going?" I proudly declared, "High Wycombe, Sir". His response was most cutting but on reflection pretty much illustrative of that particular posting. "Who did you upset?"

Turning to matters of judiciary it was abundantly clear that the officer in the dock was nervous. Giving evidence at Crown Court was always arse clenching. The theatre and customs made it a pretty hostile environment to be in, even if you were innocent. The defending Barrister had seen the twitchiness of cops many times before and his chess playing was closing in on checkmate. "What exactly did you say to the defendant when you arrested him?" The nerves abated and the officer addressed the judge. "I informed him that he was under arrest for burglary your honor". The Barrister persisted. "The exact wording if you would please officer. Verbatim." The officer paused and looked around the court. There were no friendly faces on show. The Barrister followed up with the killer blow, "Remember officer you are under oath." The lawman cleared his throat and rather sheepishly looked at the judge and spurted out, "OK shit stick you're whizzed!" As the defendant rose to give his evidence the judge momentarily looked up and before the smug Barrister could quiz his client said, "And by the colloquial language used by the arresting officer did you clearly understand that you had been arrested for the burglary in question?" to which the rather dim defendant cheerfully replied, "Oh yes". Thus, proving a lawful detention and ultimately firing a torpedo through the defense.

As the song went (to the tune of 'Robin Hood, Robin Hood, riding through the glen') on the Miners dispute in the 1980s when we were all bored in the back of a transit van being driven by one of these odd creatures, "Traffic man, traffic man, pregnant wife at home. Traffic man, traffic man, pregnant wife at home. Pregnant wife at home, will it be a cone? Traffic man, traffic man, traffic man." Back at court, the defense turned upon our uniformed petrol head. "Officer you claim that you are able to determine the speed of most vehicles based on your years of experience within the Traffic Department. Is that true?" Turning to the bench, and no doubt bristling in confidence with the wonderful endorsement of his abilities still ringing in his ears, our white-capped chap replied, "Indeed your worships." Throwing a pencil across the courtroom with gusto the slippery solicitor beamed, "How fast was that traveling then?" Without breaking his stride, the reply was simple. "Your worships. I have never driven a pencil before."

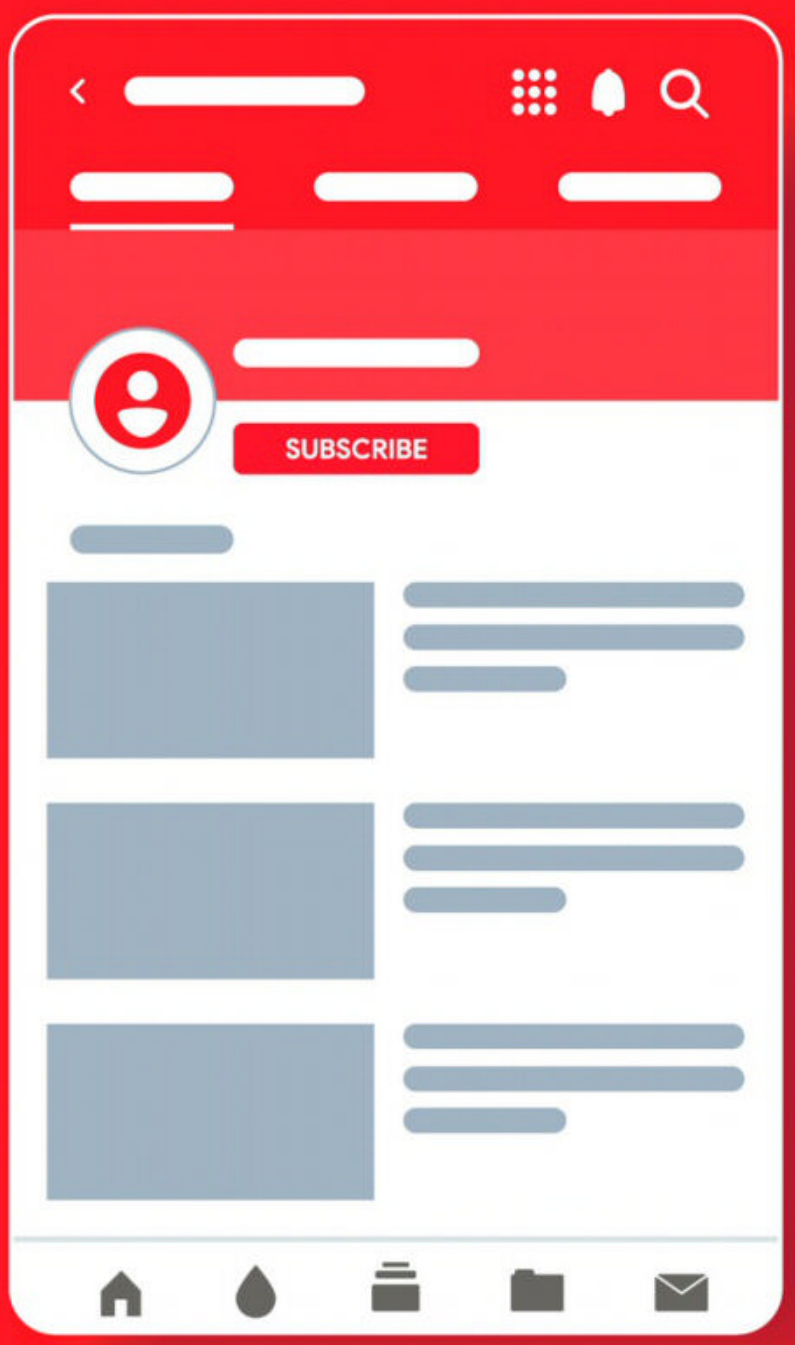
Back on the thin blue line, George Carter was a very funny but often cruel colleague who seemed a law unto himself. He had a fascination with his own todger. Not that surprising as according to legend it was quite a monster! Once at the urinals he looked down at my modest specimen and said the immortal line, "It's like a penis, only smaller!" And yes, I still use this gem every now again. During the miner's strike in the early eighties Armpit (Steve Armstead) had fallen asleep and was snoring for England. Others had barked at him, nudged him, and thrown all manner of pieces of clothing at him but to no effect. One remedy cured all. George promptly unzipped his trousers and gave Armpit something to chew on!

Keeping with the anatomical theme as a Police Trainer I had the dubious pleasure of occasionally performing the role of Duty Officer at the Force Training Centre. Essentially this required me to ensure that the onsite police bar was closed at a sensible time. Legend has it that Home Office points of alcohol sale have no licensing hours and, according to the general consensus, they could stay open 24/7. I have yet to delve into the archives of central Government protocols and have no way of authenticating this claim but, to be frank, does it matter? Ensuring that any drunk cops were safely away back to their rooms before midnight was my overall aim. A little before 10:30pm my pager buzzed into life with a message requesting that I contact the bar staff (usually junior officers on a residential course) urgently. I did so and was informed by a rather hushed voice that a Support Group officer (those that occasionally carry guns) was taking bets on how many two pence pieces he could place in his foreskin. By the time I arrived at the scene he had enough in place to afford a bag of crisps!

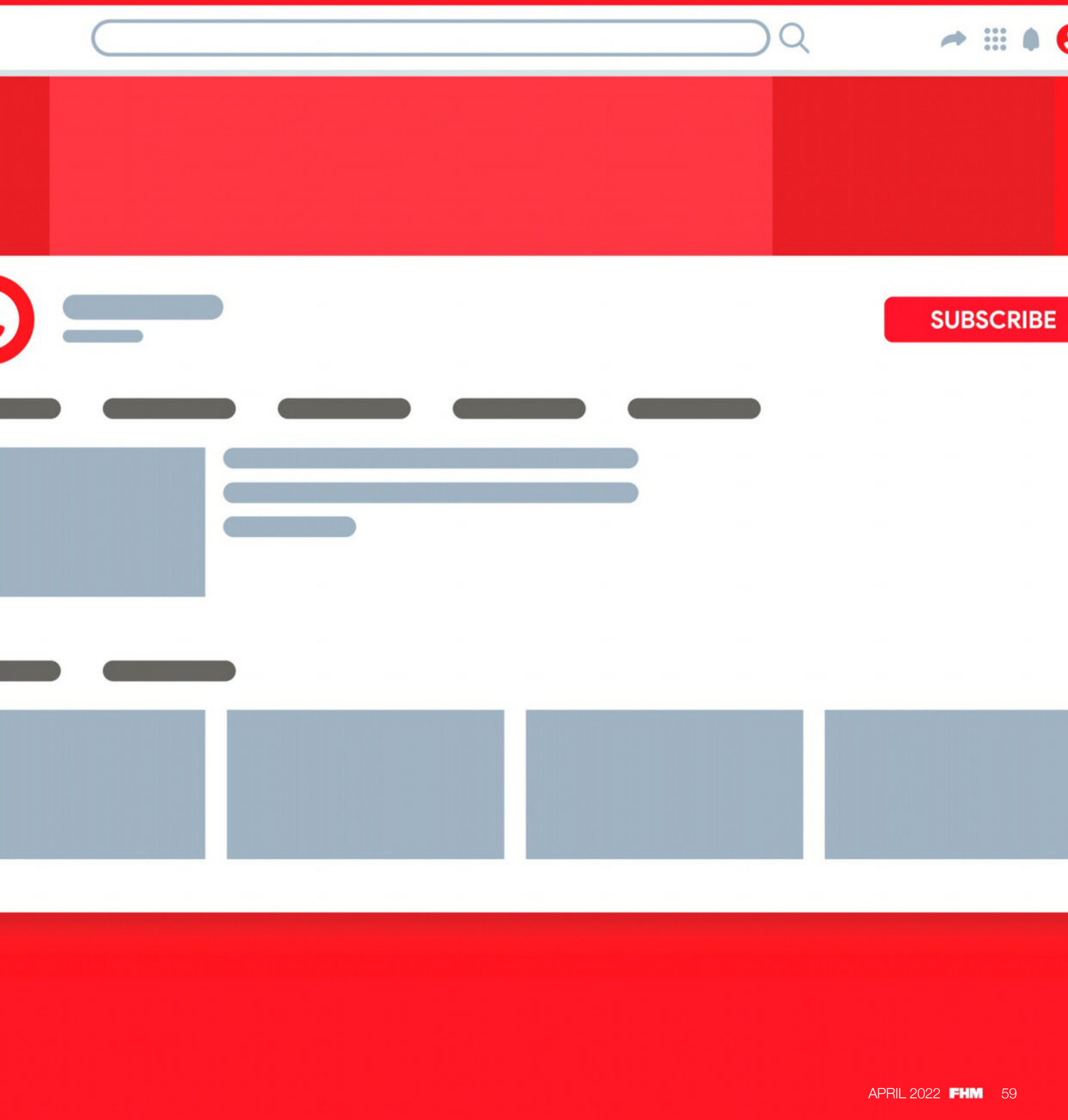
And there my storytelling, for the time being, will be drawn to a conclusion. Whilst I trust that I raised a giggle or two I sincerely hope that I have misjudged the perception that this form of human communication is on the decline. After all, we all have a story to tell!

FHM

GAME-CHANG-ING!



YouTube’s conception & revolution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It's hard to think of a time before YouTube, for many people it would be inconceivable to think of a time when the most popular video hosting website did not exist. But the scary thing is YouTube is only 17 years old. Initially launched as an online dating service, YouTube would go on to become arguably the biggest and most important website in the history of the internet. Launching a platform that would eventually see the rise of Content Creators as well as a bottomless well of information and utter nonsense. But how did a failed online dating site turn into the behemoth it is today?

Tune In, Hook Up.

YouTube was founded by Chad Hurley, Steven Shih Chen and Jawed Karim. All three were working for Paypal at the time of YouTube's founding in 2005. Chad Hurley studied design at the Indiana University of Pennsylvania prior to joining Ebay's PayPal division after graduating in 1999. At Paypal, he primarily focused on the user experience (UX) of their interface. Steven Shih Chen was born in 1978 in Taipei, Taiwan. His family emigrated to the U.S. when he was eight years old. Steve left the Illinois Mathematics and Science Academy prior to graduating. He later attended the University of Illinois at Urbana-Champaign, where he graduated in 2002 with a degree in computer science. He would later join Paypal. Jawed Karim was born in 1979 in Merseburg, East Germany. His father was Bangladeshi, and his mother was German. After experiencing xenophobia in Germany, his father moved the family to Saint Paul, Minnesota, in 1992. Jawed would later study computer science at the University of Illinois Urbana-Champaign, but left prior to graduating. After dropping out, Jawed would become an early employee of the fledgling Paypal. While at Paypal, he continued his coursework and eventually graduated with a degree in computer science, and went on to earn a master's degree in computer science from Stanford University.

The three met while working at Paypal and hit it off instantly. In late 2004, the three co-workers started working on an idea for a website for users to upload video-dating profiles, while working out of Hurley's garage in Menlo Park California. The domain name "YouTube.com" was activated on February 14, 2005, with video upload options being integrated on April 23, 2005, after being named "Tune In, Hook Up" the original idea of Chad Hurley, Steve Chen, and Jawed Karim. The concept of an online dating service ultimately failed but the three founders did have an exceptional video and uploading platform on their hands, they soon pivoted their original idea. After the infamous Justin Timberlake and Janet Jackson Halftime show incident, the three creators realized they couldn't find any videos of it on the internet, after noticing that this type of platform did not exist they made the changes to become the first major video sharing platform. The idea of the new company was for non-computer experts to be able to use a simple interface that allowed the user to publish, upload and view streaming videos through standard web browsers and modern internet speeds. Ultimately, creating an easy-to-use video streaming platform that wouldn't stress out the new internet users of the early 2000s.

The first YouTube video ever, titled Me at the zoo, was uploaded on April 23, 2005, and shows co-founder Jawed Karim at the San Diego Zoo and currently has over 120 million views and almost 5 million likes. Hurley handled the design of the website, using his art skills to create the logo and the design of the now infamous logo. Chen was in charge of the logistics of the website itself, making sure the page worked properly and that there were no issues with the upload or playback of videos and Karim helped in making sure the initial website got put together properly and helped in both design and programming. Like many startups of the early 2000s YouTube began as an angel-funded enterprise, an initiative that saw investors giving financial support to startups at the initial concept phase, which is seen as the highest risk stage where most investors were not prepared to back them.

This enterprise helped lay the initial groundwork for the trio to fully explore and expand their video-sharing ideas. In November 2005, venture firm Sequoia Capital invested an initial $3.5 million, and Roelof Botha, a partner of the firm and former CFO of PayPal, joined the YouTube board of directors. In April 2006, Sequoia and Artis Capital Management invested an additional $8 million in the company, which had experienced significant growth in its first few months. And that initial growth was staggering. After opening its beta service in May 2005, YouTube was trafficking around 30 000 viewers a day after only being live for a few months. By

March 2006, the site had more than 25 million videos uploaded and generated around 20 000 uploads a day. By July of the same year, one of the fastest-growing websites in history was averaging over a 100 million video views per day. It was an incredible feat and one never before seen in the early days of the internet and even outperformed the incredibly popular social media page Myspace.

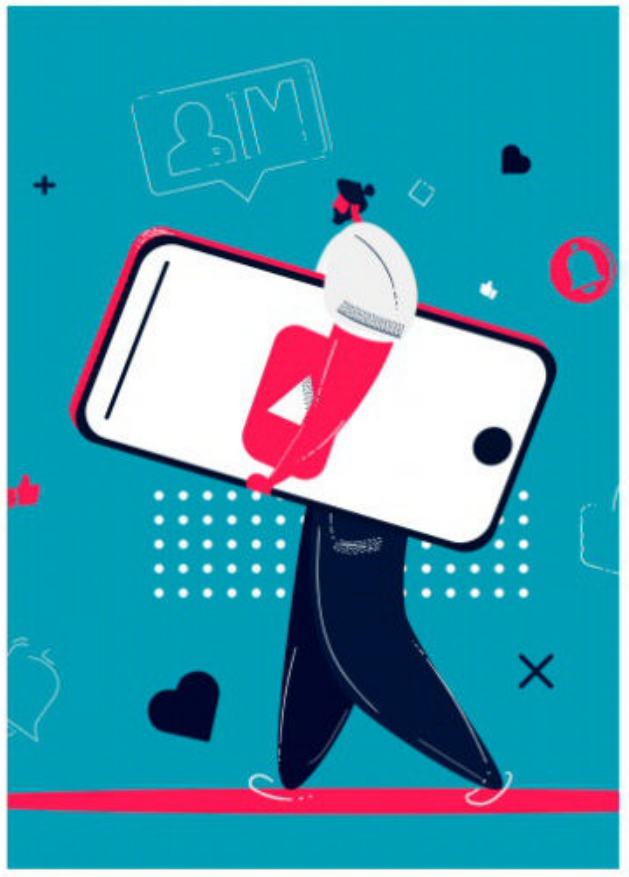
Yet such incredible numbers and views brought on its own set of problems. The company continually had to purchase more computer equipment and more broadband connections to the Internet. In addition, YouTube was forced to allocate more financial resources for potential litigation, as many media companies discovered that some of the videos uploaded to YouTube contained copyrighted material. With limited success in commercializing its Web site or containing its growing costs, YouTube began looking for a buyer. In 2005 the American search engine company Google Inc. had launched a video service, Google Video, but it failed to generate much traffic and left the search engine giant looking at opportunities to expand their video services. YouTube presented the perfect opportunity for Google to do just that. After being embroiled in a bidding war with rival Yahoo, Google came out the victor in 2006 and successfully purchased YouTube for $1.65 billion in stock, which was completed on November 13.

At that time it was Google's second-largest acquisition. This kickstarted YouTube's rise to becoming a global media dominator, creating a multi-billion-dollar business that has surpassed most television stations and other media markets, sparking success for many YouTube Content Creators. Indeed, YouTube as an entity generated more than twice the amount of revenues in 2018 than any major TV network (with $15 billion compared to NBC's $7 billion). The agreement between Google and YouTube came after YouTube presented three agreements with media companies in an attempt to avoid copyright-infringement lawsuits. YouTube planned to continue operating independently, with its co-founders and 68 employees working within Google. Viral videos were the main factor for YouTube's growth in the beginning of its early days with Google, for example, Evolution of Dance, Charlie Bit My Finger, David After the Dentist, and more viral videos.

Google's February 7, 2007 SEC filing revealed the breakdown of profits for YouTube's investors after the sale to Google. In 2010, Chad Hurley's profit was more than $395 million while Steve Chen's profit was more than $326 million.

YouTube would go on to become one of the most popular websites ever created, being only second in traffic number to Google itself, with over 1 billion hours of YouTube videos being watched daily, all around the world. YouTube has over 2 billion monthly active users from around the world, beat out only by Facebook's 2.8 billion. This is 2 billion monthly active users that are logged in. YouTube doesn't require users to be logged in when they watch videos, so it's wholly possible that there are many different users that are unaccounted for. While it's not for certain, YouTube could easily have more users than Facebook if they were all reported.

It is without question that the three former Paypal employees who just wanted to see the Janet Jackson Superbowl incident again, went on to change the world and how videos and content is viewed. It laid the foundation for how billions of people view content and created brand new opportunities for people to create, share and distribute their videos, outperforming the decades-old TV channels in less than ten years. And although their initial idea might have been more skewed to online dating and meeting girls, Chad Hurley, Steven Shih Chen and Jawed Karim became internet pioneers that will forever be remembered as the men that changed the internet.



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Such an absolute honor to have you on FHM! How is the year going for you so far? Hi FHM! Thank you so much for having me! 2022 is already off to such an incredible start. Last year gave me phenomenal momentum working towards my goals so I'm excited for this year!

What are you most looking forward to this year? Having opportunities like this to share my work and connect with more fans!

Top 3 best moments of your career so far? Oh man, there are so many winners here. I definitely think being able to make modeling and content creation my full-time job is number one on that list. I think being featured on a tee shirt line that sold out worldwide in malls everywhere is definitely up there along with acting in a major motion picture with Burt Reynolds!

What was on your resolution list? To stop and smell the roses. I work myself to the ground and very rarely actually sit down and take in the fruits of my labor, so I'm really working on that this year.

When it comes to goals and ambition, what are some of the things that keep you focused on getting there, what is the driving force behind it all? Knowing that I've only scratched the surface of what I want to accomplish is massive for me. I have a true zest for waking up and making every day successful.

What are some of your favorite outdoor activities? Take me to a beach or hike and you'll win my heart!

3 ultimate deal-breakers when it comes to men? I need you to be my teammate, my best friend, and my safe space. If you're not, major deal-breakers.

Never have I ever... lost this game! Haha!

Top 3 myth busters when it comes to models? That we are unintelligent. Most models I know are set up so incredibly well for the future because of the amount of work they put in daily. That we only date celebrities. At the end of the day, we want a real, genuine connection because so much of our job is public and focused on entertaining. That we are catty. Believe it or not, some of the most beautiful women you see also have hearts of gold!

What is the best way to approach you as an admirer? Respect my space and understand that my online persona and my real persona are two different people!

Where can our readers catch up with you and stay updated with your work? Please visit my website - claudiafijalofficial.com.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I genuinely love my connection with my fans. Talking and getting to know you guys is so important to me, so please feel free to join my private sites, and let's chat! Thank you for this incredible opportunity, FHM!

DIGITIZ-ING THE DEFENDER

Land Rover takes off-roading into the future with these eight innovations.

“The greatest improvement to Land Rover’s Terrain Response system has been the addition of an Auto mode.”

We've already commended the Defender's breadth of ability, the way it massages the city grind without contempt. We've praised the ride quality, the silkiness of the engine and have been impressed by the thoughtful homages to the original - except for the perhaps the rear-mounted spare wheel which adds a lot of weight to the side-hinged door when gravity is working against you. Yet the one area we haven't done covered in detail to is the suite of off-road systems that adorn the new Defender; a mix of traditional lockers and new-fangled systems make sure there's something for the novice and expert off-roader to enjoy after 70 years of off-road innovation.

Aluminum Construction

New proportions signal a timely departure from a body-on-frame design and solid axles to an aluminum construction that endows the Defender with its extraordinary dynamic bandwidth. Besides helping to cleave weight in critical areas (good for economy and handling), the body still stands up to the same tortures as before and some new ones thought up by the engineering team, including slamming it into a 10" curb at 25mph, repeatedly. Land Rover says this is the toughest body in their history and we're inclined to believe them...

Making Splash

It's British so naturally, the Defender has invented new ways of waterproofing the interior and electronics at depths of 900mm, or comfortably over the wheels as a visual, wow, reference. By selecting the dedicated Wade Programme on the Terrain Response 2, the systems condition themselves to the new (wet) obstacle by leveling up the ride height, and re-mapping the throttle which helps to create a gentle bow-wave ahead of the vehicle. The Wade Programme will even change the climate control to recirculating mode and once you're back on dry land the braking system will apply the slightest amount of pressure to wipe off any remaining moisture. Another incredibly useful feature, that can spare many embarrassing moments, is the display that constantly scans the water's depth around the vehicle – letting you know when it might be time to engage reverse and plot another route.

Cameras and Graphics

Camera systems have evolved into advanced 360-degree systems replete with artificial mapping but haven't been implemented in off-road environments, until now. Using the architecture, Land Rover has added an off-road section, called ClearSight, to the Pivi Pro screen that shows exactly where the front wheels are positioned, as well as the terrain a few feet ahead in their path. For anyone who has tested their skill with some leisurely off-roading, correct wheel placement forms the basis of everything and this system is particularly useful when you're off-roading alone.

Towing

The Defender just looks like a great tow vehicle doesn't it? Tall, boxy, and squat – anything behind it simply travels as though it's in a vacuum. That visible strength translates to a

towing capacity of 3.5 tons, enough to haul your new weekend hobby to the racetrack, stables or dam as if it was towing air. Equipped with tow assist makes getting the precise angle easy, as the driver toggles a dial left or right and the trailer follows. Bright red tow hocks on our D300X complete the look.

Size and Angles

On the highway, the Defender hunkers down low on its haunches to its most aerodynamic setting but with its air suspension raised to the limit, it yields some very favorable approach (38 degrees) and departure angles (40 degrees) with 291mm of ground clearance. The only area where the 110 loses out to the 90 is in the break-over angle which is reduced from 31 degrees to 28 degrees.

Locking Differentials

Electronic torque-vectoring has almost made locking differentials seem old-fashioned tools, but when the going gets really tough and slippery, a locking differential has no equal. In the Defender, you get two (a center one and one for the rear) while the front axle relies on the aforementioned electronics to divvy power between slipping wheels. A third locker can be optioned, used mostly to humble G-Class owners. Like with most things on the Defender, there's a display that shows how the differentials are behaving at any given second, with almost instant agility and speed mitigating any loss in traction.

Clever Air Suspension

Air suspension has polarizing opinions in the off-road community. Some believe it's prone to giving trouble, compared to the Defender's simpler and available coil springs, but the additional ground clearance it provides is a bonafide gamechanger. True to form, the Defender takes this technology and by adding a cross-linked design, has found a way to conjure additional traction. When the one side of the suspension is compressed, it'll feed air into the opposing wheel to push it onto the ground.

Terrain Response 2

The greatest improvement to Land Rover's Terrain Response system has been the addition of an Auto mode. With it selected the mode analyses the terrain at speeds up to 500 times a second and determines the best combination. For those who are a little more pedantic and want to make sure the view out the windscreen best corresponds to the drivetrain, separate modes for Sand, Mud and Rocks can be selected and there's low range too.

Silky Engine

A smooth and whispering straight-six turbo-diesel suits the Defender's multiple strengths like a glove. It balances fuel consumption with performance and the various driving modes make sure it adapts to all demands, stretching from forceful acceleration to a more cushioned power curve that helps it creep over rocks or crawl through water without minimal disturbance. And of course, it pulls any load with the eight-speed auto gearbox keeping the revs low.

Pawan Dhingara

EVEREST SPORT DIALS UP THE TECH

The final update for the Ford Everest happens over-the-air.

It was a slightly incongruent sequence of events; there we were thumbing the latest connectivity features within the FordPass app - now available in the current Everest line-up - while around the world Ford was simultaneously announcing the all-new Everest. Never before has a product felt so new and so archaic in parallel but it did highlight that the Everest has led a very full and healthy life, right to the very end.

The Everest range has undergone a number of small tweaks and model enhancements over its lifecycle, including the introduction of the 210hp bi-turbo engine paired with the 10-speed gearbox (which also delivered the final chop to the 3.2-liter engine), the introduction of a 4x4 model in XLT guise in 2020 and the Sport derivative a year later. The final salvo comes with the standard integration of FordPass.

FordPass was first introduced in the Ranger FX4 last year, then quickly migrated across to all Ranger derivatives. Now, FordPass has filtered down to Everest and will grow to become one of Ford's defining tech innovations. The launch gave us a chance to reacquaint ourselves with all the features bundled into the app and although technically nothing has changed since our first interaction, everything we liked about FordPass remains intact, and feels fresh. We're also pleased to see that it remains an entirely free service – there are no hidden data costs or subscriptions.

To start with, FordPass is an intuitive smartphone-based interface with a neat and unmistakably Ford blue-and-white appearance. Menus are simple and once the app has been downloaded on a device that supports IOS or Android, the pairing process can be completed within two minutes. This smartphone integration with the vehicle creates a world of futuristic possibilities, including being able to unlock/lock the vehicle from anywhere, find the vehicle's current location, check vehicle stats like fuel level, and schedule a remote start with pre-configured climate for those hot or cold departure times.

There are of course many anti-theft detections built into the system. For instance, unlocking a vehicle without the key in hand will prevent the gearshift from moving out of its Park position and while ten users can be loaded into the system, each one has to be approved by the owner. Various additional settings regarding privacy and information sharing can be toggled off.

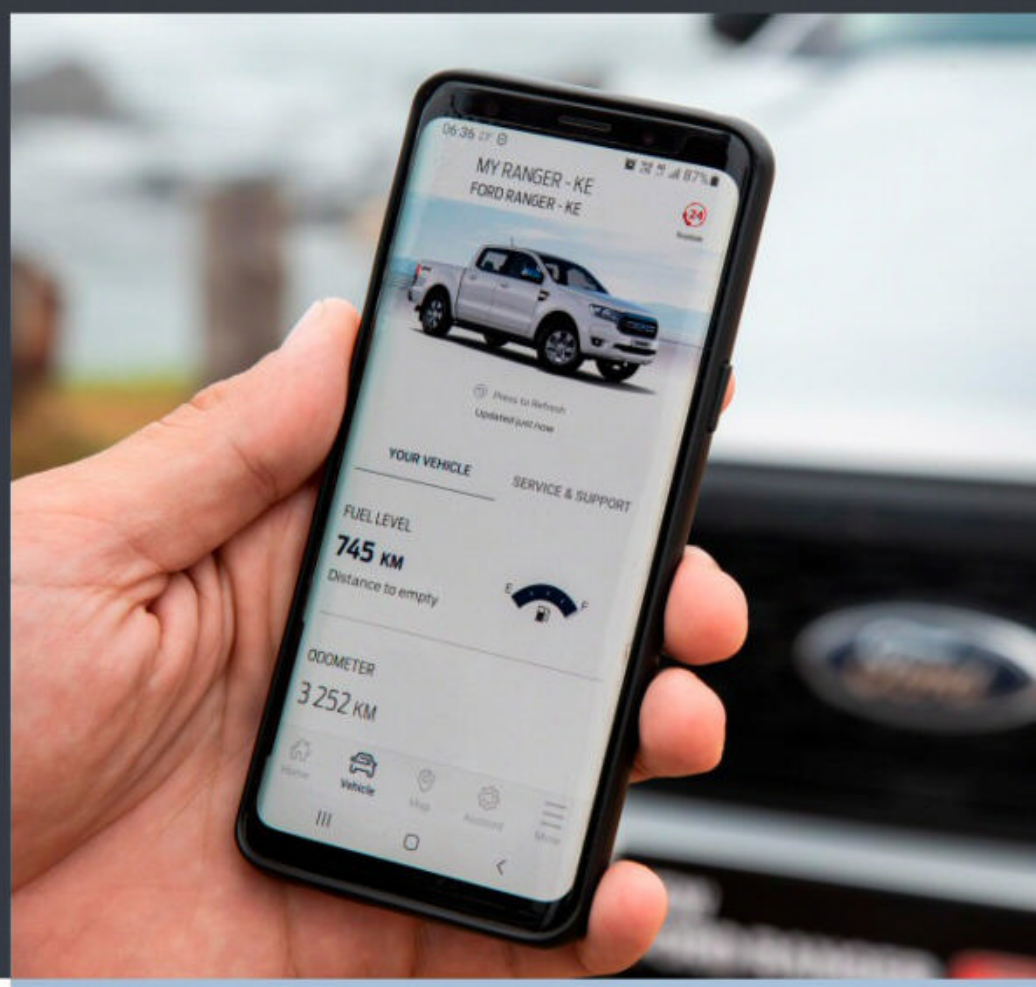
Away from FordPass, driving an Everest on a combination of asphalt and dirt roads was an absolutely relaxing experience and buyers who have just purchased a current-generation Everest, at the end of its life, have no reason to be disappointed.

It's big with American-influenced styling and rides on a chassis that simply devours miles upon miles of gravel and farm roads with aplomb, especially with the XLT's high-profile 18-inch wheels. The seven-seater cabin remains one of the quietest in the segment (helped by active noise canceling technology) and thoughtful touches like the soft leather on the dashboard, for Sport and Limited models, lend the Everest a premium feel amid chunky and easy-to-use dials and switches.

For us, the Sport with its distinctive black detailing and daily niceties is probably the pick of the range but the Limited edition with features including heated seats, adaptive cruise control, power tailgate and panoramic sunroof can't be easily dismissed either.

If finding a vehicle that ticks as many boxes as possible without the lofty price is the ultimate goal, the Everest still gets our vote for overall refinement, practicality and off-road capability. Its replacement has another mountain to climb in a more premium segment but it's coming off a very strong, and digital, foundation.

Pawan Dhingara



RENAULT RETURNS TO FORM WITH THE CLIO V

Good to look at and even better to drive. Get ready to ditch your vanilla-flavored crossover.

Certain markets have waited a painfully long time for the arrival of the Clio V which has a left wide gap for rival brands to rake in customers with their newer wares. In the interim, Renault products like the Kiger have absorbed some of those sales but these products simply lack the pizzaz of the Clio. Now that the new Clio is finally here it will have a tough job reminding customers why it was once a vanguard of the younger generation while catering to those who are in a downsizing phase of life.

Visually the Clio V represents a gentle evolution on the outside and one that brings it closer to the styling direction of the Megane. It's good to see Renault back on a path that once again pays attention to the acute details with fewer examples of direct cost-cutting required for high volume output and profitability. This is the Renault we know and love!

Despite being smaller than the model it replaces, interior space has improved and Renault claims that every part of the car is new. It's a fashionable runaround with LED lights, broad shoulders and rear door handles tucked into the pillar for a streamlined look.

The connected cockpit is a result of a refreshed operating system and the upgrades are immediately obvious. Besides packing a smarter look, it reacts quicker and the range of colors and typography are more upmarket than before. Portrait screens in the segment are rare (most go for horizontal layouts) but its placement and subtle angle toward the driver allowed us to reach any corner easily while keeping our eyes on the road. Connecting to Android Auto was done wirelessly and without the usual caveats and it should be a similarly seamless experience for Apple owners. Wireless charging on our model and USB C ports means that as long as your phone is with you, you're never going to be without your music collection or GPS maps.

Renault's return to form is reflected in the materials around the dashboard and doors. Yes, it's plastic but the little patterns prevent monotony while dials for the climate control feel dense and have a satisfying rotation. In fact, all buttons and switches from steering controls to gear lever are a joy to use but despite being

onboard the highest spec Intens version, the number of blank buttons and switches made it appear as though some value was missing. Some might balk at the idea of cloth seats but they're comfortable and cope with the changing climate extremely well.

Renault has condensed its drivetrain to a 1.0-liter 3-cylinder turbo engine and 5-speed manual gearbox. No doubt it's a peculiar decision guaranteed to push some customers away and into the clutches of rivals like the Ford Fiesta, Mazda2, and Hyundai i20 – all offering good auto options. It's also a decision that makes even less sense because right now you can walk into a Renault dealership and order a cheaper Kiger with an auto box and the same engine.

The Clio IV was one of the first to make the leap to turbo triple powerplants and they clearly know what they're doing with its latest iteration. Yes, it hums and vibrates a bit at idle but it helped rekindle our love for the manual gearbox which suited it perfectly with a firm throw up, down, and across its gates. Of course, this enjoyment of driving a manual around the streets of Johannesburg was helped by the number of people working from home!

While it's true that some other brands boast higher output engines, Renault knows how to translate what it has into a sporty drive, and even without the R.S moniker we got a sense that Renault's most qualified chassis engineers took it round the block a few times before signing it off. Driving assists include lane departure warning, rear-view camera, and cruise control.

Although it doesn't feel as pioneering as its predecessor did, the new Clio V takes the formula and evolves it in all the right ways and ultimately it feels like there's more substance when you shut the door and drive off. There's still some nameplate rebuilding to do however and the absence of an auto gearbox in the year 2022 seems like a costly mistake. Still, it's good to see Renault getting back to its roots: compact car, trendy style, perky motor, fun to drive, and ultimately does as much, and more than the myriad crossovers on sale.

Pawan Dhingara

Whats on the MENU

This month's we're going all out with dishes that feature a full course of tasty treats from starters, to mains and even desserts that'll have your guests begging for seconds!

By Izelle Hoffman

ROSA TOMATO AND BASIL SOUP

Prep time: 10 minutes
Cooking time: 50 minutes
Servings: 6-8

Ingredients

- 1 tbsp olive oil
- 1 medium red onion, diced
- ½ tbsp crushed garlic
- 3.5lbs rosa tomatoes, halved
- 1/2 cup chopped fresh basil, plus extra for serving
- 2 tsp dried sweet basil
- 1 tbsp salt
- 1 tsp ground black pepper (optional)
- 4 heaped tsp paprika
- 3 tbsp raw honey
- 2 tbsp balsamic vinegar
- 1 cup unsweetened almond milk
- 4 cups hot water
- thinly sliced moist beef jerky for serving (optional)

Instructions

- In a large saucepan, heat the olive oil and fry the onion until golden brown. Add the garlic and stir.
- Add the rosa tomatoes, fresh basil, dried sweet basil, salt, black pepper (if using), paprika, honey and balsamic vinegar.
- Simmer for 10 minutes.
- Add the almond milk and hot water and simmer for a further 40 to 45 minutes, stirring occasionally.
- Blend to the desired texture and serve garnished with extra fresh basil and thinly sliced moist jerky (if desired).

OVEN-ROASTED STUFFED BUTTERNUT WITH WALNUTS AND CRANBERRIES

Prep time: 45 minutes
Cooking time: 10 minutes
Servings: 4

Ingredients

- 1 large or 2 medium butternuts
- 1 tsp olive oil
- 1 large red salad onion, diced
- 2oz carrots, diced
- 2oz celery, diced
- 8oz cooked brown basmati rice
- 1 handful of chopped fresh thyme
- 1 tsp dried sage
- 1 tsp onion powder
- 3oz dried cranberries
- 3oz walnuts
- 2 tbsp olive oil
- 2 tbsp raw honey
- 2 tbsp balsamic vinegar
- 3 tsp salt
- 1 tsp ground black pepper

Instructions

- Preheat the oven to 390°F and spray a baking tray with nonstick cooking spray.
- Cut the butternuts in half and remove the seeds, reserving them for later. Place the butternut halves on the baking tray and bake for 45 minutes.
- Allow to cool slightly and then scoop out some of the flesh to create more space for the stuffing. Keep this butternut flesh.
- Heat the oil in a frying pan and fry the onion, carrots and celery until cooked.
- Add the butternut flesh along with the rest of the ingredients, except for the almond flour and rosemary, to the pan and mix well.
- Scoop the stuffing into the butternut halves, scatter over the reserved butternut seeds and bake for another 10 minutes.
- Dust with almond flour and garnish with fresh rosemary before serving.
- Makes a perfect vegetarian meal on its own or can be served as an accompaniment to a protein of your choice.

HASSELBACK CHICKEN FILLET AND BUTTERNUT TRAY BAKE

Prep time: 15 minutes
Cooking time: 20-25 minutes
Servings: 4

Ingredients

- 2.2lbs pre-cut butternut wedges or chunks
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 pinch of salt, ground black pepper and paprika
- 4 large chicken fillets (about 6oz each)
- 1 medium red bell pepper, deseeded and cut into strips
- fresh thyme for garnishing

Sauce

- 1 medium red salad onion, diced
- 1 tsp salt
- ½ tsp ground black pepper
- 2 heaped tbsp tomato paste
- 1 tsp paprika
- 2 tbsp raw honey
- 1 heaped tbsp onion flakes
- 1 tsp onion powder
- 1 tbsp dried thyme
- 2 tbsp water

Instructions

- Preheat the oven to 390°F and spray a baking tray with nonstick cooking spray.
- Cut a corner off the packet of butternut and microwave on high for 12 minutes.
- Combine all the sauce ingredients
- Place the butternut in a large mixing bowl. Drizzle with the olive oil and honey, and season with salt, black pepper and paprika. Toss to coat and place on the greased baking tray.
- Cut slits into the chicken fillets, about half an inch (1cm) apart and three-quarters of the way through. Tuck the red bell pepper strips into the slits and place the fillets on the baking tray on top of the butternut wedges.
- Scoop the sauce into the slits in the chicken with the bell pepper strips.
- Bake for 20 to 25 minutes until the chicken is cooked through and the butternut is soft.
- Garnish with fresh thyme before serving.

LEMON CHIA SEED MUFFINS

Prep time: 15min
Cooking time: 25-30min
Servings: 12 muffins

Ingredients

- 2 cans chickpeas drained and rinsed
- 6 tbsp raw honey plus extra for topping
- 3oz almond butter
- 1 tsp vanilla essence
- 2 tsp caramel essence
- 1 tsp bicarb of soda
- 3oz almond flour plus extra for topping
- 1 tsp of salt
- 1 heaped tbsp lemon zest plus extra for topping
- 1 lemon, juiced
- 2 heaped tbsp chia seeds
- 2 egg

Instructions

- Preheat oven to 360°F on thermo-fan and line a muffin pan with paper muffin liners.
- Place the chickpeas in the bowl of the food processor and blend until smooth. Add all the other ingredients, except the eggs, and process on high for 3 to 5 minutes, scraping down sides until the mixture is smooth and well blended. (If you don't have a food processor you can pulp the chickpeas with a blender, add the rest of the ingredients and beat with an electric beater for 2 minutes on high speed.)
- Beat the eggs in a separate bowl till light and fluffy, then add to the mixture and beat for another 30 seconds to mix well.
- Scoop the mixture into the prepared muffin cups and top each with a sprinkle of lemon zest, almond flour and a drizzle of honey for a beautiful caramelized look.
- Bake for 25 to 30 minutes. The edges will be crispy and firm to the touch while the center will remain moist and soft.

DESSERT BREAD

Prep time: 5 minutes
Cooking time: 30 minutes
Servings: 1

Ingredients

- 3 tsp olive oil
- 3 eggs
- 1/2 tsp salt
- 1 tsp caramel essence
- 1 tsp raw cacao powder *(optional)*
- 2 slices bread of your choice *(we prefer 100% rye)*
- 2 tsp almond butter
- 2 tsp raw honey
- 3oz sliced banana
- a few sliced fresh strawberries *(optional)*
- 1 marshmallow, cut up *(optional, for a naughty add-on)*
- ¼ tsp ground cinnamon
- 2 tsp flaked almonds

Instructions

- Spray a frying pan with nonstick cooking spray and heat 1 tsp of the olive oil.
- In a mixing bowl, beat the eggs, 1/2 tsp of salt and caramel essence until fluffy. If you are making chocolate toast, add the cacao powder to the egg mixture now.
- Soak the bread in the egg, transfer to the pan and cook on both sides until almost crispy.
- Allow to cool slightly before buttering each slice with the almond butter followed by the honey and a pinch of salt. Top one slice with the banana, strawberries (if using) marshmallow (if using), cinnamon and flaked almonds and use the other slice to close the sandwich.
- Place the sandwich in a grill grid and brush both sides lightly with the remaining olive oil. Grill until toasted and nice and crispy. Drizzle with honey and serve immediately. Can also be made in a sandwich press.

Crushing Hard! NATASHA Tosini

Model @therealnatashatosini
Photographer Little Fair Photography | @littlefairphotography_ & @kylephotography
MUA Lucy | @art_by_lucymaria

Such an absolute honor to have you on FHM! What does it mean for you to be on the cover? Well... there's actually a really funny story behind this! I was working with Stu Allen on his next music video and whilst looking through some of my photos he kept telling me "You belong in FHM!" - I just laughed off the whole idea of it ever happening. A few days later I was speaking to my friend who said she was going to be in a magazine... When she said it was for FHM I was like "wait, what? That's twice I've heard FHM in one week!?" and now I'm here, on the front cover... My mind is literally blown! I don't think it's quite sunk in yet!

What is at the top of your list to achieve the most this year? Glamour modeling has been really good to me so far, especially in creating new opportunities to showcase myself and most importantly meet new people! My main focus right now is acting. Basically, if I get into a Marvel series this year then I'm throwing a party - and you're all invited!

Top 3 best moments of your career? Starring in an Australian TV series for sure, also some other exciting filming I can't tell you about just yet... and of course making it into FHM as a model!

What would you say makes you stand out in the industry? Umm... is that a height joke? Haha, sorry I'm only 4ft 10"... but genuinely I think that does make me stand out when I meet people!! To be honest, I'm just trying to be the most genuine version of myself I can be... I think we can all stand out by just being ourselves!

Where are we most likely to find you if not in front of the camera being glamorous? When I'm not working, I like to dress down, spend time with close friends and family, and chat with my lovely admirers!

What are some of your favorite outdoor activities? I absolutely love sunbathing with a nice book, getting lost in the countryside, and sometimes maybe a bit of outdoor cardio...

3 ultimate deal-breakers when it comes to men? Hmm, well if the communication isn't there, it makes everything else really difficult so that's a massive dealbreaker. My kind of man would have to be open and honest - intelligent enough to hold a decent conversation, but also have a great sense of humor!

Never have I ever... enjoyed more than one type of cardio.

Top 3 myth busters when it comes to models? We're not all vain, we're not all stupid, and we don't all starve ourselves! Unfortunately, it's still a common misconception.

What is the wrong way to approach you as an admirer? Don't be shy! I don't bite haha. The best way would be through my OnlyFans! I love speaking to new people!

Where can our readers catch up with you and stay updated with your work? The best place to start would be finding me on Instagram @ therealnatashatosini - there you can check out all of my most recent work, or for bits more personal see @ littlebrunette on OnlyFans.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Well, hopefully I'll get to know some of you a little better in the near future... It's been such a privilege answering your questions and featuring in FHM. And remember, save the trees, save the bees!

Mixing Business with Pleasure

6 tips to help lovers make millions

A lot of people will say DO NOT mix pleasure and business, however, power couple Patricia and David Carlin have totally made that saying get shot down, as together, they have created a multi-million dollar empire with their various companies, and have done it all while being married and showing off their love... even in the private jets they take (kidding)!

So how do they make it work? How do they deal with the social media critics? We caught up with them for an exclusive interview session to learn more about the tips and tricks they use to make their marriage and business relationship work!

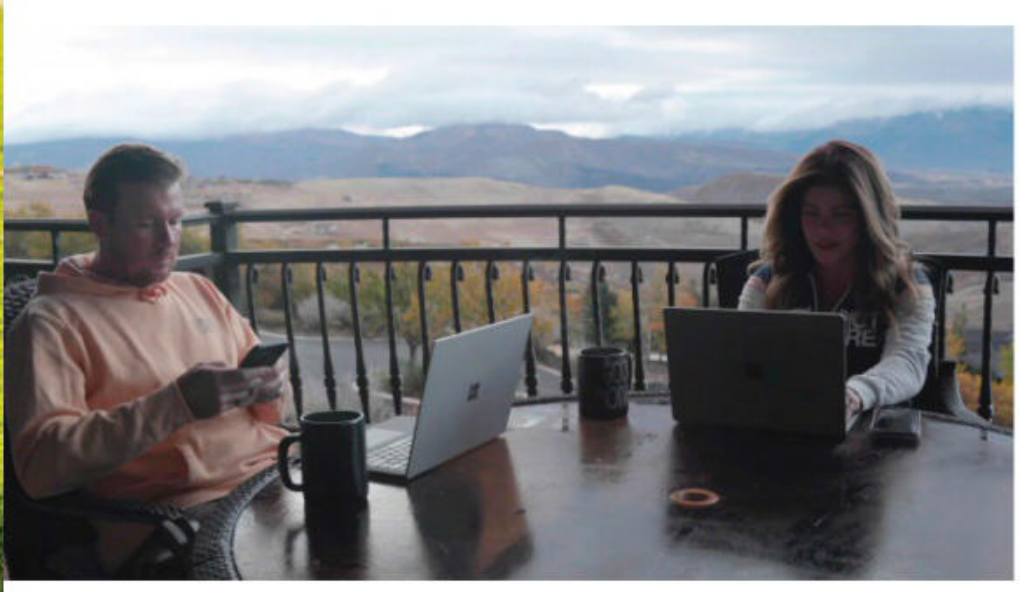
Why should more husbands and wives (or partners in life) team up and create businesses together? When you work together, you are in the trenches together so there is very little leeway for the trivial junk that many couples deal with you in a relationship. Your relationship becomes so much deeper than ever before because you are building a powerful machine as a unit. It's so rewarding when you look at your partner and know that two people rather than one are digging in with everything to have a better future as a couple.

What do you do when you get on each other's nerves? Who wins the fights usually? Haha! We live and work together but are truly best friends so when we do get irritated with one another, we just go our separate ways in the house, hop on the bike, take a swim in the pool to literally cool off, and then squash it. I would say the fight winning is split down the middle. We actually like each other a lot so not being able to talk to the person in your house is not something either one of us are good at handling. We have business to do so even if we are pissed, our machine doesn't stop. We have to squash it fast and move forward.

What is the first thing you each do every morning as part of your routines? We wake up, give each other a kiss, let our dogs out, make coffee and both watch a tv show together. Always. We don't pick up phones until after this. Our days are pretty packed with calls so we both go our own way and get down to business. Then we always have lunch together and take the dogs for a nice walk at some point in the day, throw in some exercise, ping ideas off of each other throughout the day and start over. When you work together, you can't have stringent routines. Business moves quickly so we have to remain nimble even on daily basis. What's asked of us changes all the time.

How important is social media to the success of a company? It's the number one piece of our business because we want people to know us - the good the bad the ugly. One of the biggest compliments we get is that when people meet us in person including clients, people we consult for, and more, they say we are exactly like we are online. I think that's so important when being on social media. Authenticity is scarce these days.

Tell us the top 6 quick tips for success while working with your lover?
1. Put your ego to the side. Just like in school, one of you will be more popular. One of you will be smarter. One of you will be better. If you let your ego get in the way, you break the machine.
2. Have a morning or evening routine where you get to enjoy time together before the chaos



begins. If that means going to the gym, having coffee, being intimate or anything else, do it in the morning or the evening.
3. Let your partner have their moments in the sunshine. Not every piece of credit has to be shared.
4. Find your lane in your business and stay in it. It will reduce arguments tremendously.
5. Squash fights quickly. You are building a business together and silent treatments are the kids of death.
6. Don't forget the romance and friendship you had built before you started working together.

What is something trend-wise, in the world of business that people should be paying attention to right now if they aren't already? I know you want us to say nfts... but I think the trend of quitting your job (the kid's table) to build your own adult's table is something everything should be watching. The past two years gave people a glimpse into the work-from-home lifestyle and people are struggling to get back to it. They want to grind but not for someone else.

How does a power couple like yourselves turn it off and just relax and vacation? We are both super mentally hyperactive so turning it off for us is playing two golf rounds in a single day. That's our downtime. We take a ton of golf vacations. The thing about golf courses is that they take you to some of the coolest places on earth, we have traveled the world golfing from Scotland and Ireland all the way to South Africa and Mauritius. Then when we golf, we take other days to explore the places. For example, when we golf in Lahinch in Ireland, it's such an incredible coastal town with cool bars, surfing, and more.

How important is good health, proper routines, fitness, and living with a healthy mindset mean to you both in order to achieve the success you have? I'll admit, our fitness is something that has taken a back seat these past two years but it's part of our game plan going forward. I would say that it has very little impact on our success because this machine we built is based on our tenacity, our brains, our ideas, how we feed off of one another, at home we are so driven to build our empire and doesn't break if we eat a cheeseburger and fries... We don't have any rigid routines. I think a lot of people in the spotlight say they do and show it online, but it's fluff.

Anything else fun you'd like to add or include with our readers? If you are ever considering building a business with your significant other, stop listening to the regurgitated BS about "I could never work with my significant other", "happy wife, happy life", etc. Build your power machine and remember that two brains are always better than one. It's simple math.

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